

Postgraduate Student Support

Department

Group PG Mentor	https://www.imperial.ac.uk/physics/students/current-students/postgraduate-research/contacts-and-mentors/academic-staff-contacts/	Safety, academic and personal issues
PG Welfare advisor	Arnaud Czaja a.czaja@imperial.ac.uk HU 726 07 96 63 67 417	Pastoral care of students, supervisor/student issues, mental health issues e.g. anxiety, suicide prevention, substance abuse
Director of PG studies	Bill Proud w.proud@imperial.ac.uk BL 727	Concerned with administrative aspects, progression, those issues related to the wider college.
Disabilities Officer	Andrew Williamson andrew.williamson@imperial.ac.uk BL 316	Disabilities
PG Administrator	Loli Sanchez Rey l.sanchez@imperial.ac.uk BL 316	Postgraduate liaison; Deadlines, Lab demonstrators; ID cards, IT access, etc.
Physics Helpdesk	First Wed of each month (12.30-1.30pm) in the foyer on level 3	

Students

Postgraduate Student committee chair	Lloyd James Lloyd.james13@imperial.ac.uk
Physics Department: Group Representative	https://www.imperial.ac.uk/physics/students/current-students/postgraduate-research/contacts-and-mentors/research-group-committee-reps-and-coordinators/
Women in Physics lunches	Anita Chandran anita.chandran13@imperial.ac.uk

College

Student counsellors (Sherfield)	https://www.imperial.ac.uk/counselling/
Mental Health Advice (with staff referral)	https://www.imperial.ac.uk/counselling/mental-health-advice/
College wellbeing site	https://www.imperial.ac.uk/natural-sciences/education-and-teaching/wellbeing-support/
Chaplaincy	https://www.imperial.ac.uk/chaplaincy/
Union Advice centre	https://www.imperialcollegeunion.org/advice
International Student Support	https://www.imperial.ac.uk/study/international-students/contact-us/
Student Hub (Registry)	https://www.imperial.ac.uk/student-hub/
Careers service	https://www.imperial.ac.uk/careers/

Emergency

- Emergency Triage Clinic from the Imperial College Health Centre (Mon-Fri, 8.30-10am)
- Emergency GP appointment with your GP surgery
- Urgent medical advice: NHS 111 at 08454 242424
- Imperial Security: 4444 (extension) or 020 7589 1000 (mobile phone)
- Outside College: 999 and/or visit your local Accident & Emergency (A&E)
- Samaritans: <https://www.samaritans.org/how-we-can-help-you/contact-us>
- Papyrus: HOPEline UK: 0800 068 41 41

Ten steps to look after your mental health (from the Student Mental Health code of practice and guidelines)

1. Talk about your feelings
2. Keep active
3. Eat well
4. Drink sensibly
5. Keep in touch
6. Ask for help
7. Take a break
8. Do something you are good at
9. Accept who you are
10. Care for others