



UNIVERSITY OF  
OXFORD



# Welfare and Support

If you join us in October – and we hope you will – we offer many services to support you during your studies.

The full list of University health and welfare support can be found on the Oxford Students website; and your college may provide additional services.

[Oxford Students website](#)

## Disability Advisory Service

If you have a learning disability, physical disability or a long term mental health condition, please get in touch with us early, as our [Disability Advisory Service \(DAS\)](#) is here to help you.

DAS offers a range of support including teaching adjustment and practical help. A [full list](#) can be

found on the DAS pages of the Oxford Students website. You can also find out [who is eligible](#) to access the service.

## Counselling Service

The Counselling Service offers free and confidential support to Oxford students. It's available to help you gain insight into any difficulties you may experience and to help you develop emotional resilience, so you have the tools you need to fulfil your academic and personal potential.

[Find out more about counselling.](#)



## Podcasts and other resources

If you're preparing for exams or you need some well-being advice, listen to one of our many [University podcasts](#). Topics include how to get past perfectionism, exam preparation and revision, self-compassion, being a mature student and much more. The [supportive resources page](#) of the Oxford Students website also includes links to a range of resources that could help you now and during your time at Oxford.



## Student Peer Supporters

We realise that students play a major role in supporting and encouraging one another on a day-to-day basis at university. This is why we offer Student Peer Supporters. Peer Supporters are available in colleges and departments to talk with students informally about anything that is bothering them.

[Find out more about Peer Supporters.](#)

## Student Advice Service

The Student Advice Service is a free, independent and confidential service available to all Oxford University students through the Student Union. The service is independent from the colleges and the University, and staff are available to give information and support to students facing difficult situations. You can access helpful FAQs and further information on the [Oxford SU website](#).

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