

Sources of Support for Health and Well being

- 1) **Government advice** <https://www.gov.uk/coronavirus>
- 2) **University Testing for Coronavirus** The University has a fast testing service available Monday-Friday, click on the links below.
 - a. [Students](#) Testing Service
 - b. [Staff & Fellows](#): Testing Service
- 3) **College Support**
 - a. **For All**
 - i. **College Chaplain** The Chaplain continues to be available to all members of College, even while working or studying at home. He is updating the chaplaincy [website](#) with a list of links and spiritual resources and will post brief talks and meditations, now that we are unable to hold services in Chapel. He is, as always, available to all College members pastorally and is happy to 'meet with you' by email, phone or FaceTime should you find that helpful (contact details on request from mg320@cam.ac.uk). The Chaplain is posting regular prayers, reflections and poems that some may find helpful on his blog (<https://malcolmguite.wordpress.com/blog/>) and through his twitter account (@malcolmguite).
 - ii. **Disability Resource Centre** <https://www.disability.admin.cam.ac.uk/remote-teaching-and-learning-resources-overview>
 - b. **For Students**
 - i. <https://www.girton.cam.ac.uk/girton-community/undergraduate-students/health-welfare/>
 - c. **For Employees and Fellows**
 - i. Contact your Line Manager and/or the HR Dept for advice about support available for staff and Fellows hr@girton.cam.ac.uk
 - ii. Staff Counselling :
- 4) **University Support Pages:**
 - a. **Students**
 - i. <https://www.studentwellbeing.admin.cam.ac.uk/coronavirus#>
 - ii. <https://www.studentwellbeing.admin.cam.ac.uk/support-particular-issues/coronavirus-covid-19>
 - iii. **University Counselling Service** <https://www.counselling.cam.ac.uk/>
 - iv. **Student Unions; Advice Service:** <https://www.studentadvice.cam.ac.uk/>
 - b. **Staff & Fellows**
 - i. <https://www.cam.ac.uk/coronavirus/staff/health-and-wellbeing/wellbeing>
- 5) **Online working information**
 - a. Information on remote working, linked in learning etc <https://www.uis.cam.ac.uk/>
 - b. Cybersecurity <https://help.uis.cam.ac.uk/service/security/protection>
 - c. College online training resource page (Raven Access)
<https://www.vle.cam.ac.uk/course/view.php?id=107342>