

Difficult Research Support Network

FINDING HELP

Convened by Maria Obrebska
DPhil at the Centre for Socio-Legal Studies, University of Oxford
maria.obrebska@reuben.ox.ac.uk

DRSN is not a substitute for professional help; it's here to point you towards useful resources and to provide a supportive community. This guide gives an overview of the different areas where you can find signposting.

SUPPORT AREAS

1. **Research-specific support**
2. **Counselling**
3. **Sexual violence support**

The guide is continuously updated.



1. RESEARCH-SPECIFIC SUPPORT

- Oxford Counselling Workshops & Groups – short-term sessions on topics such as exam anxiety, perfectionism, and DPhil challenges: <https://www.ox.ac.uk/students/welfare/counselling/group>
- Social Sciences Division Vicarious Trauma Workshop – a full-day training for researchers exposed to traumatic material, offering practical coping strategies: <https://www.socsci.ox.ac.uk/event/vicarious-secondary-trauma-workshop>

2. COUNSELLING

- University of Oxford Counselling Service – free, confidential support for students, including one-to-one counselling: <https://academic.admin.ox.ac.uk/counselling>
- Oxford Counselling Workshops & Groups – short-term sessions on topics such as anxiety, trauma, low mood, mindfulness, and resilience: <https://www.ox.ac.uk/students/welfare/counselling/group>
- NHS Counselling Services – information and access to talking therapies and counselling across the UK: <https://www.nhs.uk/mental-health/talking-therapies-medicine-treatments/talking-therapies-and-counselling/counselling/>

3. SEXUAL VIOLENCE SUPPORT

- University of Oxford Sexual Harassment and Violence Support Service – specialist, confidential support for those affected by sexual violence: <https://academic.admin.ox.ac.uk/sexual-harassment-and-violence>
- Rape Crisis England & Wales – a feminist charity offering free, specialist, and confidential support including counselling, Independent Sexual Violence Advocates, and a 24/7 helpline: <https://rapecrisis.org.uk>

