

Student Wellbeing Service: Stepped Care Model



Tier 0	Tier 1	Tier 2	Tier 3
<p>Preventative and Protective</p> <ul style="list-style-type: none"> Wellbeing on Weekdays activities based on the Take 5 Approach QUBeWell - Healthy Campus Campaign and Flag Days (e.g. University Mental Health Week, World Suicide Prevention Day) Transitions support Assessment support Self-Help Hub and Resources (including Inspire Hub and website resources) Peer Support Groups (e.g. ASD, Epilepsy and Mature Students) Student-led Initiatives (e.g. Mind Your Mood and International Student Guides) 	<p>Supportive Guidance and Signposting</p> <ul style="list-style-type: none"> Drop-in Clinic Walk and Talk sessions Talking Table events Active Campus Referrals Psychoeducation Initiatives (e.g. Belfast Recovery College) 	<p>Assessment, Consultation and Therapeutic Interventions</p> <ul style="list-style-type: none"> Coaching Sessions 1-1 Wellbeing assessment consultations Low-level CBT Counselling Therapeutic Group Work (monthly) 	<p>Risk Management, De-escalation and Crisis Support</p> <p>Internal</p> <ul style="list-style-type: none"> Emotional wellbeing assessment Risk management De-escalation/ Safety planning Links with emergency contacts <p>Partnership</p> <ul style="list-style-type: none"> Student Mental Health Service - BHSCT, Inspire Crisis Helpline <p>Secondary Mental Health Support</p> <ul style="list-style-type: none"> GPs Mental Health Liason Team Community Mental Health Team, CAMHS etc