

Student Wellbeing Service Newsletter

April 2019

Student Wellbeing- Drop In Service



t: 028 9097 2893

e: studentwellbeing@qub.ac.uk

The drop in service runs Monday-Friday from 12:30PM-1:30PM. You will have a 15 minute slot to speak to a Wellbeing Advisor about any concerns and may be offered a 1:1 appointment.

We ask that the latest attendance is 1:15PM to allow a 15 minute slot.

Don't worry in silence, come chat to someone no matter how small your problem may seem!

Highlights from last month



Consent Conversations Roadshow

Queen's University, along with the SU, Ulster University and PSNI Rape Crime Unit launched a consent roadshow for the week Monday 11th March-Friday 15th March. This was a huge success in bringing attention to the myths surrounding consent and why it is important. Students were given the opportunity to chat and ask questions in an informal environment, we also had free mocktails!



Epilepsy Action

On Tuesday 26th March, Epilepsy Action had a stall at the SU foyer. Purple day is the international day for epilepsy and falls on 26th March each year. A coffee and chat group for students affected by epilepsy meet once a month in the Student Guidance Centre. For more information about the group you can email: studentwellbeing@qub.ac.uk.

Upcoming news and events

Queen's Student Wellbeing Service presents:

Stress Control Animal Therapy Day

Where: Elms BT9 Treehouse
When: Wednesday 3rd April, 1:30pm-4:15pm

QUEEN'S UNIVERSITY BELFAST | DISABILITY AND WELLBEING | PETS AS THERAPY

QUEEN'S UNIVERSITY BELFAST | INTERNATIONAL STUDENT SUPPORT

COME AND DANCE FREELY AT THE

ISS Ceili!

TAKE A STUDY BREAK AND COME SHAKE SHAKE!

SATURDAY 6 APRIL 2019
7PM TIL LATE
TICKETS THROUGH EVENTBRITE USE THE QR CODE

Worried about exams?

See Student Minds best tips and advice on how to handle the exam season:
<https://www.studentminds.org.uk/examstress.html>

REPORT & SUPPORT

SUPPORTING A SAFE CAMPUS FOR EVERYONE.



REPORT AND SUPPORT - <https://reportandsupport.qub.ac.uk/>

Report and Support is our new online reporting system. You can choose to report anonymously or choose to give your details to an adviser.

All issues will be handled with confidentiality and students can report any form of **sexual misconduct, hate crime, bullying or harassment**.

USEFUL CONTACTS

- **Counselling Service** Tel: 0808 800 0016
Email: qubstudents@inspirewellbeing.org
- Lifeline - 24 hour helpline, 0808 808 8000 (free from mobile or landline)
- The Samaritans (available 24 hours). They can be contacted on 116 123 (national line) or 02890664422 (Belfast).
- Student's own GP or local A&E hospital service. The GP out of hours number for the University area is 028 90796220.
- 24 Domestic & Sexual Violence helpline: 0808 802 1414

Stay Safe, Stay Well Free Sexual Health Clinic

The free drop in sexual health clinic is back this year providing sexual health advice and testing at Queen's University Student's Union.

The clinic takes place 1PM-4PM, every Monday and is located on the 1st floor of the SU (clearly signposted)

A qualified doctor and nurse will be available and can provide free STI testing (with no examination required), condoms and the emergency pill.

Don't worry in silence, talk to the experts.





“OMNI – all in for mental health”, recognises the role that we all have to play at all levels across the University in supporting student wellbeing. This welcome initiative also aligns with our work on staff mental health so that we have an integrated approach, addressing not only the acute issues but also how we might prevent such issues.

Take the Survey by clicking the link: <http://www.omni.qubsu.org/>

**But we need to do more
than talk about it.**

**We need to understand the issues
and take action to tackle them.**

**This is much bigger than another
mental health campaign.**

**This is a movement and involves
all of us – the University,
Students' Union, and you.**

