

Student Wellbeing Service Newsletter

February 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 to someone no matter how small your problem may seem!

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.





Wellbeing Wednesdays events

Email wellbeing.Wednesdays@qub.ac.uk to sign up!



Wellbeing Wednesdays

Come along to a range of events based on the "Take 5 Steps to Wellbeing" – a great way to meet new people and learn all the small ways you can look after your mental health.

Events take place each Wednesday during Semester 2 from 1:30PM-3:00PM. Some times may vary so check our social media for details.

<p>BE ACTIVE 16th January</p> <p>Free classes: Yoga, Core Evo, Dance Fit and Indoor Cycling</p> <p>PEC</p>	<p>TAKE NOTICE 23rd January</p> <p>Mindfulness workshop</p> <p>Treehouse Elms BT9</p>	<p>GIVE 30th January</p> <p>Free head, hand and neck massages 12PM-3PM</p> <p>Treehouse Elms BT9- Mood Room</p>	<p>CONNECT 6th February</p> <p>Free Yoga session</p> <p>Computer Science Building Room 02.017</p>
<p>GIVE 13th February</p> <p>"Take what you need, give what you can" board</p> <p>McClay Library</p>	<p>KEEP LEARNING 20th February</p> <p>Rugby Players Ireland: Tackle Your Feelings workshop 7PM-9PM</p> <p>Lanyon 0G/074</p>	<p>CONNECT 27th February</p> <p>Wellbeing Fair (Meet various organisations and freebies)</p> <p>Main Site Tower/PFC</p>	<p>TAKE NOTICE 6th March</p> <p>Sleep, Insomnia and relaxation workshop</p> <p>Graduate School - Training Room 8</p>
<p>BE ACTIVE 13th March</p> <p>Healthy Eating Event (Talk by Out For Lunges)</p> <p>Treehouse Elms BT9</p>	<p>TAKE NOTICE 20th March</p> <p>Mental Health Awareness Workshop</p> <p>Venue TBC</p>	<p>KEEP LEARNING 27th March</p> <p>How to manage your money at University</p> <p>SGC HUB- Seminar Room</p>	<p>TAKE NOTICE 3rd April</p> <p>Stress Control Animal Therapy</p> <p>Venue TBC</p>



@QUBStudentWellbeing



Student Wellbeing Service at Queen's



“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.**

