

# Student Wellbeing Service Newsletter

October 2018

**Student Wellbeing Drop– In Service:** The Student Wellbeing & Drop In Service is running throughout Semester 1.

The Student Wellbeing Drop In Service runs Monday – Friday 12:30pm - 1:30pm during term time (20min slot allocated on first come first served basis).

Disability Services also have a drop in that runs 12:30pm - 1:30pm every Tuesday, Wednesday & Thursday.

Call to the Information Desk, Level 1 of the Student Guidance Centre and ask for the Drop In service. The Drop In service is a good starting place for students who aren't sure what support they need and want to explore different options.

### One to One Appointment:

To book a one hour appointment with a wellbeing advisor please email [studentwellbeing@qub.ac.uk](mailto:studentwellbeing@qub.ac.uk) or complete our online form available at: <http://www.qub.ac.uk/directorates/sgc/wellbeing/raw/>. Further information about support available can be found on our website: [www.qub.ac.uk/sgc/wellbeing](http://www.qub.ac.uk/sgc/wellbeing)



## 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.*



## FREE 6 WEEK STRESS

### MANAGEMENT WORKSHOPS

**Physical Education Centre**

**Queen's Sport**

**Botanic Gardens**

**Wednesdays**

**12:30pm - 1:30pm**

**Starting 10th October 2018, Finishing 14th November 2018**

**SIGN UP REQUIRED AT:**

**<https://www.eventbrite.co.uk/o/student-wellbeing-13336489481>**



## USEFUL CONTACTS

**Counselling Service** Tel: 0808 800 0016, Email: [qubstudents@inspirewellbeing.org](mailto: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.

# Wellbeing Wednesdays

This year, Student Wellbeing are launching **“Wellbeing Wednesdays”** which is a great way for students to meet with new people, do something different weekly with their friends and help look after their wellbeing! Events take place each Wednesday during Semester 1 from 1:30pm - 3:00pm (some events and times subject to change, so check our social media regularly)

As much interest has been expressed, we ask that all students sign up via Eventbrite for any events they are interested in attending:

<https://www.eventbrite.co.uk/o/student-wellbeing-13336489481>

<p><b>CONNECT</b> <b>26th September</b></p> <p>Free pizza and head massages</p> <p>Students' Union - Clubroom 5</p>	<p><b>KEEP LEARNING</b> <b>3rd October</b></p> <p>"Overcoming social anxiety" workshop</p> <p>Students' Union - Clubroom 5</p>	<p><b>BE ACTIVE</b> <b>10th October</b></p> <p>PEC free active campus day</p> <p>Queen's Sport PEC</p>	<p><b>TAKE NOTICE</b> <b>17th October</b></p> <p>"Mindfulness" workshop</p> <p>Students' Union - Clubroom 3</p>
<p><b>KEEP LEARNING</b> <b>24th October</b></p> <p>Assertiveness and managing difficult conversations workshop</p> <p>Students' Union - Clubroom 3</p>	<p><b>BE ACTIVE</b> <b>31st October</b></p> <p>PEC free active campus day</p> <p>Queen's Sport PEC</p>	<p><b>KEEP LEARNING</b> <b>7th November</b></p> <p>Looking after yourself- drugs and alcohol awareness</p> <p>Students' Union - Clubroom 5</p>	<p><b>CONNECT</b> <b>14th November</b></p> <p>Guest speaker (to be announced soon..) and Free Pizza</p> <p>Students' Union - Clubroom 3</p>
<p><b>GIVE</b> <b>21st November</b></p> <p>Campus clean up in conjunction with SU</p> <p>12:30PM-2:30PM Venue TBC</p>	<p><b>BE ACTIVE</b> <b>28th November</b></p> <p>PEC free active campus day</p> <p>Queen's Sport PEC</p>	<p><b>KEEP LEARNING</b> <b>5th December</b></p> <p>Managing exam stress workshop</p> <p>Students' Union - Clubroom 4</p>	<p><b>CONNECT</b> <b>12th December</b></p> <p>Free celebration lunch!</p> <p>Venue TBC</p>



@qubstudentwellbeing



Student Wellbeing Service at Queen's