

The university is partially closed due to the ongoing situation regarding Covid-19. You can receive regular updates from the university on the FAQs page [here](#).

[Disability Services](#) and the [Student Wellbeing Service](#) remains available to all students and staff supporting students as we continue to support you remotely.

StudentWellbeing@qub.ac.uk

disability.office@qub.ac.uk



SOCIAL DISTANCING

WHAT DOES IT MEAN?

Social distancing is the practice of reducing close contact between people to slow the spread of infections or disease.

Social distancing measures include large groups of people coming together, closing buildings and cancelling events.

AVOID...

- Group gatherings.
- Sleep overs.
- Concerts.
- Theatre outings.
- Sporting events.
- Crowded retail shops and shopping centres.
- Workouts in gyms.
- Visitors in your home.
- Non-essential workers in your home.
- Public transport.

USE CAUTION WHEN...

- Visiting supermarkets.
- Getting take away.
- Picking up medications.
- Travelling.

OK TO...

- Take a walk or go for a hike.
- Do gardening.
- Play in your garden.
- Clean out a closet.
- Read a good book.
- Listen to music.
- Cook a meal.
- Enjoy a family game or movie night.
- Go for a drive.
- Stay in contact via video chat.
- Check on a friend or elderly neighbour by phone.
- Become a TikTok dance influencer.
- Start that Netflix boxset.
- Use youtube to learn a new skill.

Source: Physicians for Social Responsibility

May 2020



DROP-IN

Student Drop In Service

Monday – Friday

11:00am – 3:00pm

The Student Disability & Wellbeing Drop In Service is now being run remotely

Contact us: [07387 546 123](tel:07387546123)

or alternatively, you can

E-mail us: StudentWellbeing@qub.ac.uk

REPORT AND SUPPORT

<https://reportandsupport.qub.ac.uk/>

Report and Support is our 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.**

**REPORT &
SUPPORT**

SUPPORTING
A SAFE
CAMPUS FOR
EVERYONE.



HELPLINES & CONTACTS

- **Counselling Service** T: 0808 800 0016 E: qubstudents@inspirewellbeing.org
- **Lifeline** - 0808 808 8000 (free from mobile or landline)
- **The Samaritans:** 116 123 (national line- free) or 028 9066 4422 (Belfast).
- **24 Domestic & Sexual Violence helpline:** 0808 802 1414
- **General Practitioner (GP) Out of Hours:** 028 9079 6220 (University Area)
- **Accident & Emergency (A&E):** 999 or 112

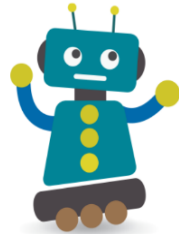
All services operate on a 24hr basis, except for the GP Out of Hours service which operates between 6pm-8am on weekdays, all weekends and bank holidays.

Student Wellbeing Newsletter

May 2020



support
hub



inspiresupporthub.org/students

The Inspire Student Support Hub provides instant access to a range of information, guidance and screening that is tailored specifically to help care for your individual wellbeing needs. This is available to all students at QUB.

Step 1: [Sign-up](#) with the QUB pincode: **QUB2019!**

Step 2: Login in with your username and password

Step 3: Access all of the materials on Inspire Student Hub

**STUDENT WELLBEING SERVICE**

**STAY HEALTHY
STAY IN TOUCH**

Let us know if you need help getting the essentials to keep you comfortable & safe.

StudentWellbeing@qub.ac.uk

 **QUEEN'S UNIVERSITY BELFAST**    **LIVE WELL. BE WELL.**

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**QUEEN'S
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MENTAL HEALTH AND COPING DURING CORONAVIRUS

REACTIONS YOU MAY FEEL INCLUDE:

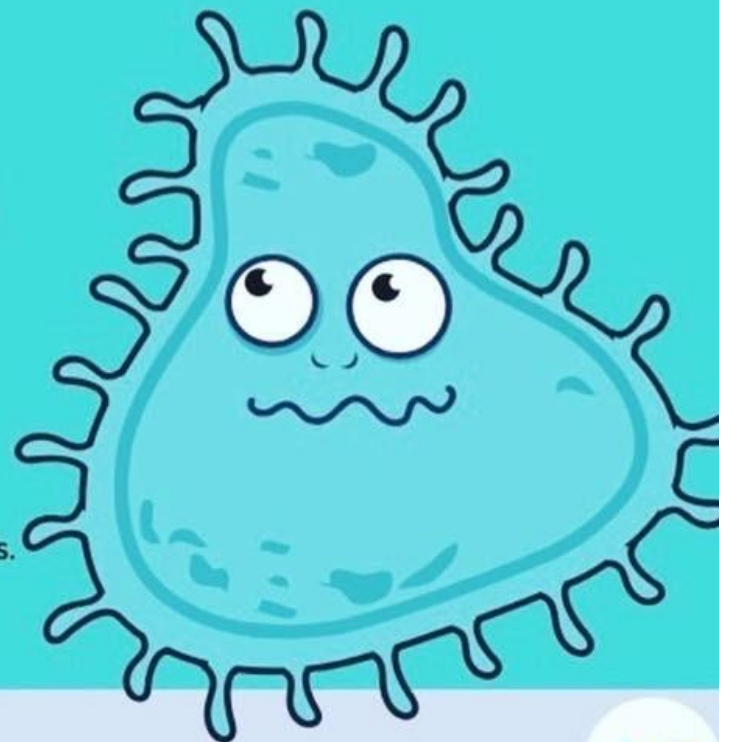
- Fear and worry about your own health status and that of your loved ones.
- Changes in sleep or eating patterns.
- Difficulty concentrating.
- Worsening of chronic health problems.
- Increased use of alcohol, tobacco, or other drugs.

THINGS YOU CAN DO TO SUPPORT YOURSELF:

- Avoid excessive exposure to media coverage of Coronavirus.
- Take care of your body. Take deep breaths, stretch or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep and avoid alcohol and drugs.
- Make time to unwind and remind yourself that strong feelings will fade.
- Connect with others and share your concerns and how you are feeling with friends or family members.
- Maintain healthy relationships.
- Maintain a sense of hope and positive thinking.

TAKING CARE OF YOUR WELLBEING:

- Connect with people
- Decide on your routine
- Try to keep active
- Keep your mind stimulated
- Take care with news and information
- Find ways to relax and be creative



THANK YOU FOR THIS SEMESTER

KEEP IN TOUCH WITH OUR ONLINE EVENTS [HERE](#)

