

Student Wellbeing Service Newsletter

















Drop In is now finished for the Academic Year.

However students can still access the Student Wellbeing Service for support during summer by phoning 028 909 2893 or emailing studentwellbeing@gub.ac.uk

Have a fantastic summer everyone and good luck to all our Postgraduate students still working hard over the next few months!

REPORT & SUPPORT





REPORT AND SUPPORT - https://reportandsupport.gub.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.



Look out for our Guidebook App launching August 2019

Guidebook will be promoting Welcome Week activity and events taking place throughout the year.

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



The Year in Pictures













