

Student Wellbeing Newsletter

February



DROP-IN

Student Drop-In Service Level One Student Guidance Centre

The Student Disability & Wellbeing Drop-In Service is running:
Monday – Friday
11:00am – 3:00pm

To book a one hour appointment with a Wellbeing Advisor please email StudentWellbeing@qub.ac.uk or complete our online form available at: go.qub.ac.uk/WellbeingForm

REPORT & SUPPORT

SUPPORTING
A SAFE
CAMPUS FOR
EVERYONE.



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**.



Time to Talk Thursday 6 February

Save the Date



USEFUL CONTACTS

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

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.

W: www.qub.ac.uk/sgc/wellbeing

T: 028 9097 2893

E: studentwellbeing@qub.ac.uk

F: facebook.com/studentwellbeingatqueens

T: twitter.com/QUBWellbeing

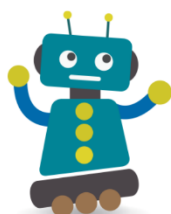
I: Instagram.com/qubstudentwellbeing

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support
hub



[inspiresupporthub.org/students](https://www.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 <https://www.inspiresupporthub.org/students/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

A new pilot programme of low-intensity Cognitive Behavioural Therapy (CBT) has commenced within Student Wellbeing Service in November 2019. Psychological Wellbeing Practitioners (PWP) will deliver individual sessions to students presenting with mild to moderate anxiety and/or depression, panic attacks, sleep disruption and lack of motivation.

Students interested in this service should present to Student Wellbeing Drop-in or e-mail studentwellbeing@qub.ac.uk, where arrangements will be made to assess students for suitability for the service.



**QUEEN'S
UNIVERSITY
BELFAST**

Are you, or is someone close to you living with epilepsy?

We will be holding an Epilepsy Drop-in Group for students at:

Wednesday 19th February 7pm-8:30pm
The Coffee Bar, Treehouse
Elms BT9
Malone Road, Belfast

Learn about available support and meet and chat to others.
Come along to find out more, all welcome.

For more information contact:

Clare Watson, Epilepsy Action Northern Ireland manager
on **07885 778 585** or email: cwatson@epilepsy.org.uk

W: www.qub.ac.uk/sgc/wellbeing

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WELLBEING ON WEEKDAYS (W.O.W.) – SEMESTER TWO EVENTS



Register for this event by emailing WOWEvents@qub.ac.uk

KNIT FOR YOUR WELLBEING

Wednesday 5 February
3:00PM - 5:00PM
PFC/02/013

Donate to those in need on the day

W.O.W. WELLBEING ON WEEKDAYS

Give

STUDENT WELLBEING SERVICE

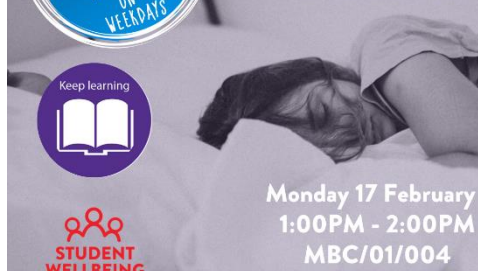


First Love Yourself

We have various events on this week:
Check our website for details
go.qub.ac.uk/WOWEvents

W.O.W. WELLBEING ON WEEKDAYS

STUDENT WELLBEING SERVICE



HOW DO YOU SLEEP? WORKSHOP

Monday 17 February
1:00PM - 2:00PM
MBC/01/004

Keep learning

STUDENT WELLBEING SERVICE

Register a place by contacting us at WOWEvents@qub.ac.uk

W.O.W. WELLBEING ON WEEKDAYS



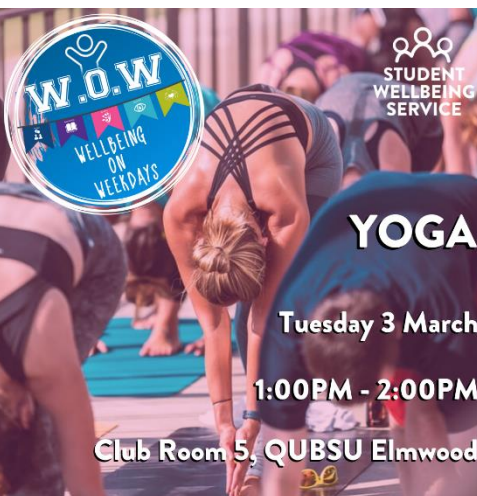
Pets as Therapy

Wednesday 26th February
12:00PM - 3:00PM
Elms BT1

W.O.W. WELLBEING ON WEEKDAYS

PETS AS THERAPY

STUDENT WELLBEING SERVICE

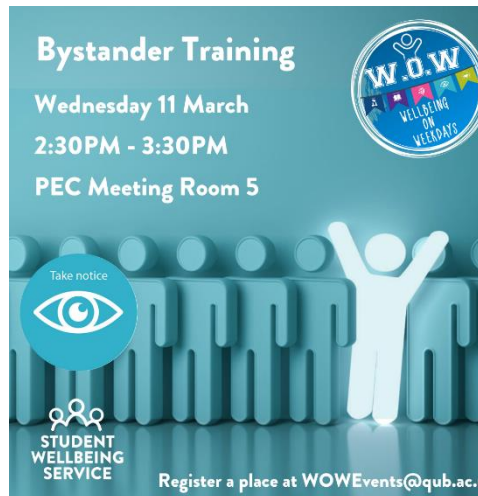


YOGA

Tuesday 3 March
1:00PM - 2:00PM
Club Room 5, QUBSU Elmwood

W.O.W. WELLBEING ON WEEKDAYS

STUDENT WELLBEING SERVICE



Bystander Training

Wednesday 11 March
2:30PM - 3:30PM
PEC Meeting Room 5

Take notice

STUDENT WELLBEING SERVICE

Register a place at WOWEvents@qub.ac.uk

W.O.W. WELLBEING ON WEEKDAYS




SELF-DEFENCE

Thursday 19 March
2:30PM - 3:30PM
PEC Snack Bar

W.O.W. WELLBEING ON WEEKDAYS

STUDENT WELLBEING SERVICE

Be active



CAVEHILL CLIMB

Thursday 26th March
1:30PM
Depart from Lanyon Gates

W.O.W. WELLBEING ON WEEKDAYS

STUDENT WELLBEING SERVICE

Places are limited for our transport, so sign-up early by emailing us at WOWEvents@qub.ac.uk

Be active



STRESS BUSTER STANDS

Tuesday 21 April
Wednesday 22 April
Thursday 23 April
12:00pm - 2:00PM
McClay Library

W.O.W. WELLBEING ON WEEKDAYS

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