



DROP-IN

Student Drop-In Service

The Student Disability & Wellbeing Drop-In Service is running throughout Semester 1. The Drop-In Service runs Monday – Friday 11:00am – 3:00pm during term time (20 mins slot allocated on first come first served basis).

To book a one hour appointment with a Wellbeing Advisor please email StudentWellbeing@qub.ac.uk or complete our online form available at: <http://www.qub.ac.uk/directorates/sgc/wellbeing/raw/>

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.**



'My Library, My Space' was a collaborative project between Library Services, Video Production and Disability Services, to facilitate the making of the film in order to make the library more welcoming to students with Autism Spectrum Disorder (ASD). It was a student-led project, resulting in a natural and engaging introduction to the Library which will benefit both current and potential students whether they have ASD or not.'

<https://mediasite.qub.ac.uk/Mediasite/Play/28a8adad04f74b4bb96de5388d4ed4f81d>

USEFUL 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) or 02890664422 (Belfast).
- **GP or A&E Service**, the GP Out of Ours in the University Area is 028 9079 6220
- **24 Domestic & Sexual Violence helpline:** 0808 802 1414

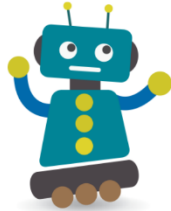
All services operate on a 24hr basis, except for the GP Out of Hours service which operates between 6pm-8am on weekdays, all weekends and bank holidays.

Student Wellbeing Newsletter

November 2019



support hub



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. The Hub will help you to create a bespoke wellbeing care-plan, as well as giving guidance on appropriate support and intervention through guided self-assessment.

Contact via e-mail: hubsupport@inspirewellbeing.org

Telephone: 028 9032 8474

Address: Inspire Workplaces, Lombard House, 10-20 Lombard Street, Belfast, BT1 1RD

inspiresupporthub.org/students



A new pilot programme of low-intensity Cognitive Behavioural Therapy (CBT) will commence within Student Wellbeing Services in November 2019. Psychological Wellbeing Practitioners (PWP's) 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.

Follow our social media for more info and send us an e-mail at WOWEvents@qub.ac.uk to reserve your place



LEARN	Week 7: Life Coaching
CONNECT	Week 8: Puppy Therapy
GIVE	Week 9: Campus Clean-up
LEARN	Week 10: Sleep Workshop
LEARN	Week 11: Stretch Your Dough
CONNECT	Week 12: Celebration Lunch

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

Student Wellbeing Newsletter

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Our Events So Far

Pause. Connect. Reflect.



Fresher's Week



Pause. Connect. Reflect.



Team for
'My Library,
My Space'



Undergraduate
Open Day



Mental Health and Wellbeing Event @ Hatfield



World Mental Health Day

QFT Screening

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

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E: studentwellbeing@qub.ac.uk

F: facebook.com/studentwellbeingatqueens

T: twitter.com/QUBWellbeing

I: Instagram.com/qubstudentwellbeing