



Student Wellbeing Service Newsletter

May 2019



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@qub.ac.uk

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

Support

REPORT & SUPPORT



REPORT AND SUPPORT - <https://reportandsupport.qub.ac.uk/>

Report and Support is our new 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.**

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

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.



PLEASE NOTE: The last date for the Clinics in 2018-19 is Mon 24 June.



Mental Health Awareness Week

13th-17th May was Mental Health Awareness Week. The Student Wellbeing Team had a busy week supporting events that ran throughout the week, here are some of the highlights!

- Laughter Yoga by Mind Your Mood
- Mindfulness Workshops
- Celebrity Mental Health Panel Discussion with Oisín McConville, Tara Mills and Paolo Ross
- Launch of Report and Support
- Free Tea, Coffee and Traybakes in the PFC
- End of year Pizza Party at Elms by Mind Your Mood
- Free Smoothies and walks around Botanic Gardens with Queen's Sport





“OMNI – all in for mental health”, recognises the role that we all have to play at all levels across the University in supporting student wellbeing. This welcome initiative also aligns with our work on staff mental health so that we have an integrated approach, addressing not only the acute issues but also how we might prevent such issues.

Take the Survey by clicking the link: <http://www.omni.qubsu.org/>

**But we need to do more
than talk about it.**

**We need to understand the issues
and take action to tackle them.**

**This is much bigger than another
mental health campaign.**

**This is a movement and involves
all of us – the University,
Students' Union, and you.**

