

Student Wellbeing Service Newsletter

February 2019

Student Wellbeing- Drop In Service



The drop in service runs Monday-Friday from 12:30PM-1:30PM. You will have a 15 minute slot to speak to a Wellbeing Advisor about any concerns and may be offered a 1:1 appointment.

We ask that the latest attendance is 1:15PM to allow a 15 minute slot.

Don't worry in silence, come chat to to someone no matter how small your problem may seem!

t: 028 9097 2893

e: studentwellbeing@qub.ac.uk

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.**

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.



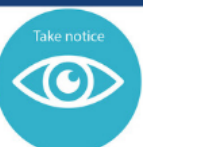
USEFUL CONTACTS

- **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



Wellbeing Wednesdays events

Email wellbeing.Wednesdays@qub.ac.uk to sign up!



Wellbeing Wednesdays

Come along to a range of events based on the "Take 5 Steps to Wellbeing" – a great way to meet new people and learn all the small ways you can look after your mental health.

Events take place each Wednesday during Semester 2 from 1:30PM-3:00PM. Some times may vary so check our social media for details.

BE ACTIVE 16th January

Free classes: Yoga, Core Evo, Dance Fit and Indoor Cycling

PEC

TAKE NOTICE 23rd January

Mindfulness workshop

Treehouse Elms BT9

GIVE 30th January

Free head, hand and neck massages
12PM-3PM

Treehouse Elms BT9-
Mood Room

CONNECT 6th February

Free Yoga session

Computer Science
Building Room 02.017

GIVE 13th February

"Take what you need, give what you can" board

McClay Library

KEEP LEARNING 20th February

Rugby Players Ireland: Tackle Your Feelings workshop
7PM-9PM

Lanyon OG/074

CONNECT 27th February

Wellbeing Fair (Meet various organisations and freebies)

Main Site Tower/PFC

TAKE NOTICE 6th March

Sleep, Insomnia and relaxation workshop

Graduate School - Training Room 8

BE ACTIVE 13th March

Healthy Eating Event (Talk by Out For Lungs)

Treehouse Elms BT9

TAKE NOTICE 20th March

Mental Health Awareness Workshop

Venue TBC

KEEP LEARNING 27th March

How to manage your money at University

SGC HUB- Seminar Room

TAKE NOTICE 3rd April

Stress Control Animal Therapy

Venue TBC



@QUBStudentWellbeing



Student Wellbeing Service at Queen's



“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.**

