

Student Wellbeing Newsletter

March 2020



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 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**.

REPORT & SUPPORT

SUPPORTING
A SAFE
CAMPUS FOR
EVERYONE.



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- free) or 028 9066 4422 (Belfast).
- **24 Domestic & Sexual Violence helpline**: 0808 802 1414
- **General Practitioner (GP)**, the GP Out of Hours in the University Area is 028 9079 6220
- **Accident & Emergency (A&E)**: 999 or 112

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

Student Wellbeing Newsletter

March 2020



Recovery College offers a range of free courses that are available for anyone with an interest in mental health and wellbeing including service users, family members and staff. Through the three key principles of hope, control and opportunity, the Recovery College aims to break traditional barriers and allow people to learn together to inspire an individual's personal recovery journey.

Details of courses and enrolment are available here:

<http://www.belfasttrust.hscni.net/BelfastRecoveryCollege.htm>



UNIVERSITY MENTAL HEALTH DAY THURSDAY 5TH MARCH

Student Bloggers/Vloggers

We always love hearing from students on their experiences at QUB, and their tips and tricks on getting the most out of university. From topics of mental health and mindfulness, to food and best hangout spots. Check out the link below for more information.

- Earn £8.21 per hour for blog posts
- Flexible working - fit writing around your schedule
- Have fun and write about why you love being at Queen's
- C.V Experience and the chance to publish your work to a global audience

<https://www.qub.ac.uk/student-blog/Beastudentblogger/>



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

T: 028 9097 2893

E: studentwellbeing@qub.ac.uk

F: facebook.com/studentwellbeingatqueens

T: twitter.com/QUBWellbeing

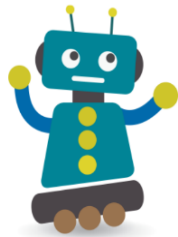
I: Instagram.com/qubstudentwellbeing

Student Wellbeing Newsletter

March 2020



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

Stress Control Classes

Last class of this session

Wednesday 4th March
1:30PM – 2:30PM
Group Room 3, PEC

“Stress doesn’t just make you feel bad – it can also be bad for your health. The good news is there are measures you can take to deal with it.”



Belfast Health and
Social Care Trust



A pilot programme of low-intensity Cognitive Behavioural Therapy (CBT) has commenced within Student Wellbeing Service in November 2019. Psychological Wellbeing Practitioners (PWPs) 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.

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

March 2020



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

W.O.W.
WELLBEING ON WEEKDAYS

YOGA

Tuesday 3 March
1:00PM - 2:00PM

Club Room 5, QUBSU Elmwood

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

STUDENT WELLBEING SERVICE

Be active

CAVEHILL CLIMB

Thursday 26th March
1:30PM

Depart from Lanyon Gates

STUDENT WELLBEING SERVICE

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

Be active

W.O.W.
WELLBEING ON WEEKDAYS

STRESS BUSTER STANDS

Tuesday 21 April
Wednesday 22 April
Thursday 23 April

12:00pm - 2:00PM

McClay Library

STUDENT WELLBEING SERVICE

HAVE ANY IDEAS OR FEEDBACK FOR FUTURE
W.O.W. EVENTS?

LET US KNOW AT: WOWEvents@qub.ac.uk

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