

# STUDENT DISABILITY & WELLBEING SERVICE



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UNIVERSITY  
BELFAST

DISABILITY  
AND WELLBEING



# STEPS TO REGISTER WITH DISABILITY SERVICES

Disclosure – Declaration on UCAS, Self Referral or Referral from other Services

All students disclosing a disability are asked to complete a short questionnaire on the impact of their disability and any previous supports they may have had in education.

Students must provide medical evidence of their disability – uploaded to the service CRM at the end of the questionnaire.

These 2 sources of information are reviewed by a Disability Officer and an assessment of support recommendations carried out. (Desktop or in-person)

Student signposted to additional funded support (Funded by University if ineligible)

Disability Services communicate support (ISSA) to School

Option for Reassessment should condition change



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# TYPES OF REASONABLE ADJUSTMENTS “IN COURSE”



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## Disability Type(s):

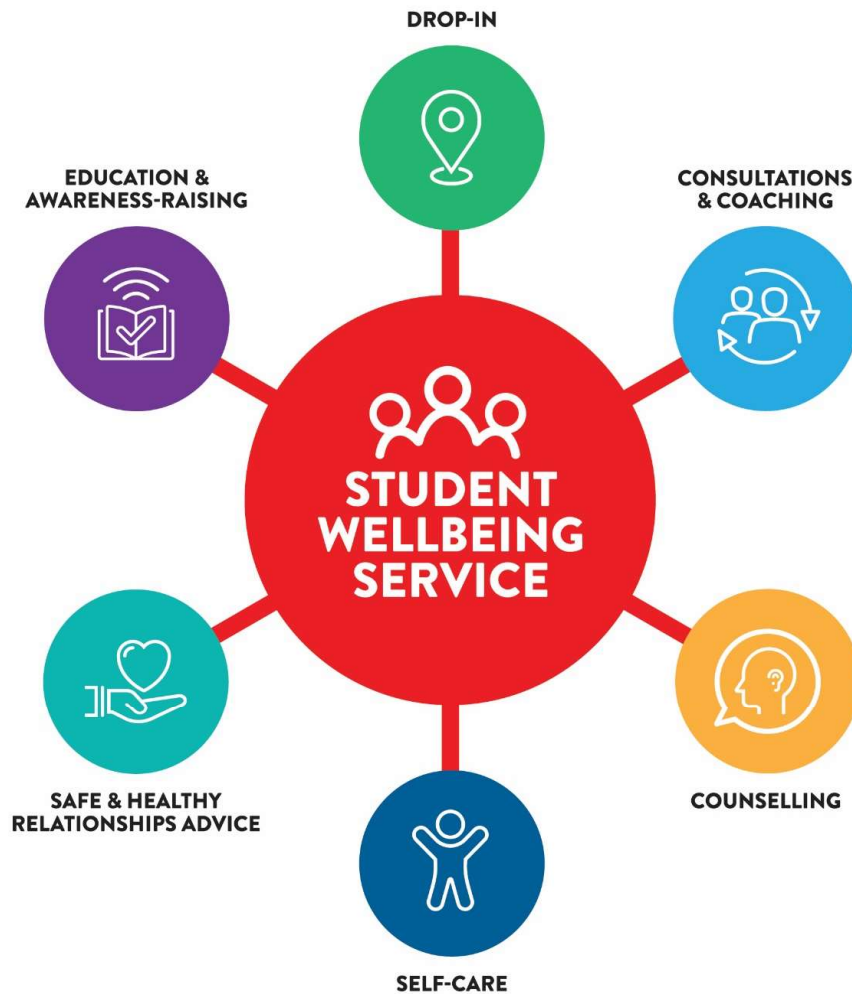
- Social communication impairment (e.g. ASC)
- SpLD (e.g. dyslexia)
- Blind /visual impairment
- Mental health condition
- Physical impairment
- Deaf / hearing impairment
- Other medical condition

## Reasonable Adjustments:

- Extended library loans
- PowerPoint slides in advance
- Consideration for disability related absences
- Flexibility with Deadlines
- Permission to record lectures
- Permission to eat and drink in teaching venue
- Exam support



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# Student Wellbeing Service

## Model of Support





## Connect With Us

### Drop-In

We offer guidance on personal and academic related issues that are impacting on your wellbeing.



Visit us: One Elmwood Student Centre  
Monday to Friday, 11am - 3pm



Call us: 07387546123

### Contact us online



Complete our online form:  
[qub.ac.uk/directorates/sgc/wellbeing/ConnectWithUs](https://qub.ac.uk/directorates/sgc/wellbeing/ConnectWithUs)



Report and Support Student Portal:  
[reportandsupport.qub.ac.uk](https://reportandsupport.qub.ac.uk)

### Connect with us

You can contact us directly via telephone or email, and stay up-to-date with what's on via social media.



@qubwellbeing



@qubstudentwellbeing



@qubstudentwellbeing

### Attend our events

We run a variety of events to help students protect, maintain and improve their wellbeing. All students can take part in our WOW (Wellbeing on Weekdays) events programme.



Check out the schedule at:  
[go.qub.ac.uk/WellbeingEvents](https://go.qub.ac.uk/WellbeingEvents)

Find out more: [go.qub.ac.uk/studentwellbeing](https://go.qub.ac.uk/studentwellbeing)



## Out of hours support for Queen's students

### **Counselling and Crisis Support**

- University area out of hours doctor
- Local Accident and Emergency Department
- Lifeline (crisis response helpline service)
- The Samaritans (emotional support helpline)
- Inspire 24 hour Student Helpline

### **Mental Health and Emotional Wellbeing**

- Inspire HUB - instant online access to a range of information and guidance to help care for your individual wellbeing needs
- Inspire 24 hour Counselling Helpline
- Student Minds Web Resources

### **Community and Campus Safety**

- 24 hour Domestic and Sexual Abuse Helpline
- Report and Support Portal
- 24 hour campus security
- Accommodation Residential Life Assistants



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# Counselling Service (Inspire)

<b>Academic Concerns</b>	<b>Exam Stress</b>
<b>Alcohol or drug problems</b>	<b>Family problems</b>
<b>Anxiety</b>	<b>Fear or failure</b>
<b>Bereavement</b>	<b>Feeling out of control</b>
<b>Bullying and harassment</b>	<b>Feeling lonely or isolated</b>
<b>Compulsive behaviour</b>	<b>General help and advice</b>
<b>Crisis Support</b>	<b>Pregnancy worries</b>
<b>Cyber bullying/sexting</b>	<b>Relationship difficulties</b>
<b>Debt concerns</b>	<b>Sexual issues</b>
<b>Depression</b>	<b>Suicidal thoughts</b>
<b>Eating disorders</b>	<b>Worries about leaving home</b>

Counselling sessions are available all year round

- Free to all Queen's students
- Confidential and non-judgemental place to work through challenges

24hr Freephone:

**0808 800 0016**

*(for making counselling assessment or  
accessing immediate telephone support)*





# Looking After Yourself

- Self care is “Intentionally engaging in practices and activities that reduce stress”
- “for you, by you.”
- It is about taking proper care of yourself and treating yourself as kindly as you treat others.
- Take time out to
  - relax
  - have fun, and
  - try to think positively
- Avoid unhealthy ways to cope
- It's not all fun – avoid procrastination
- Everything in Moderation





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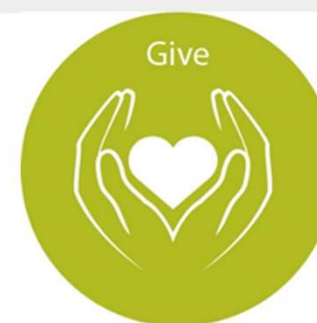
# Staying Healthy- Take 5

## PHYSICAL FITNESS

1. EAT HEALTHILY/DRINK LOTS OF WATER
2. SLEEP WELL
3. EXERCISE REGULARLY
4. LIMIT ALCOHOL
5. DON'T SMOKE

## MENTAL FITNESS

1. CONNECT
2. GET ACTIVE
3. LEARN
4. GIVE
5. TAKE NOTICE





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# THANK YOU

Any questions?



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