

STUDENT DISABILITY & WELLBEING SERVICE



QUEEN'S
UNIVERSITY
BELFAST

DISABILITY
AND WELLBEING





Definition of Disability

Disability Discrimination Act (DDA) 1995 defines disability as:

*“A **physical or mental impairment** which has a **substantial and long-term** adverse effect on a person's ability to carry out **normal day-to-day activities.**”*

Steps to Register with Disability Services

1 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.

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

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

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

5 Disability Services communicate support (ISSA) to School

6 Option for Reassessment should condition change

TYPES OF REASONABLE ADJUSTMENTS “IN COURSE”



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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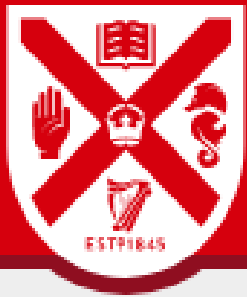
Disability Services - Key Contact Information

Website:

<https://www.qub.ac.uk/directorates/sgc/disability/studentinformation/>

Email – disability.office@qub.ac.uk

Phone – 028 9097 5250



QUEEN'S
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Student Wellbeing Service



DROP-IN



CONSULTATIONS
& COACHING



PSYCHOLOGICAL THERAPIES
& OUT OF HOURS



SELF-CARE AND
EVENTS



SAFE & HEALTHY
RELATIONSHIPS ADVICE



EDUCATION &
AWARENESS-RAISING

- Daily drop-in: Monday to Friday 11am – 3pm.
- 1:1 appointments with a Wellbeing Adviser.
- Offer a range of workshops and wellbeing events throughout the year. WOW
- Specialist support from a Safe and Healthy Relationships Adviser.
- Online self-help material (Inspire Support Hub). [Support Hub](#) Pin is QUBHUB
- TalkCampus – Peer support app.
- Counselling service in partnership with Inspire Counselling



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DISABILITY
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**DAILY DROP-IN: MON TO FRI, 11AM -
3PM**

**VISIT US: LEVEL 1, ONE ELMWOOD
STUDENT CENTRE**

If you have a query or need support, our Drop-In can be your first point of contact.



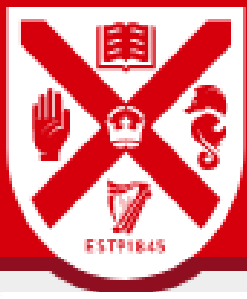
STUDENT ONLINE CONTACT US FORM

Student Wellbeing Service Form >

STAFF ONLINE CONTACT US FORM

Staff Contact us Form >

<https://www.qub.ac.uk/directorates/sgc/wellbeing/ConnectWithUs/>



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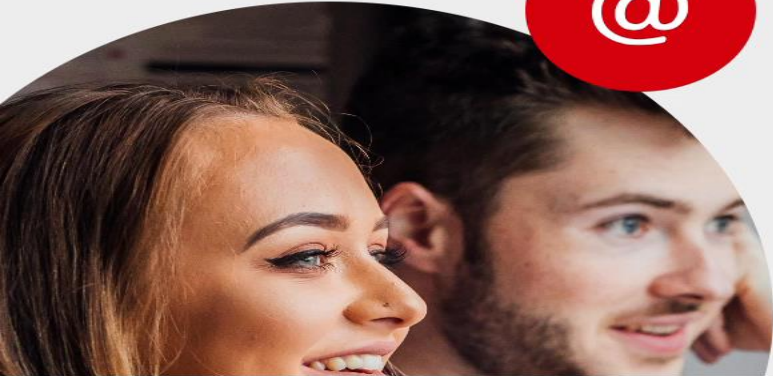
Report & Support

Report + Support - Queen's Uni x +

reportandsupport.qub.ac.uk



Support | Report | Campaigns | Talk to us | Leave Site



Report + Support

We are committed to support students affected by either **SEXUAL MISCONDUCT, BULLYING, HARASSMENT and HATE CRIME**. Please click the buttons below to request support.

[What happens when I report?](#)



There are two ways you can tell us what happened

Out of Hours Support

Counselling and Crisis Support

- Medical Emergency – Call 999 or go to Emergency Departments (Mater and RVH hospitals in Belfast)
- Inspire 24/7 Helpline 0800 800 0016
- Lifeline Crisis Helpline 0808 808 8000
- QUB security 028 90972222
- QUB Student Wellbeing (9am – 5pm Mon – Fri) 028 90972893



**QUEEN'S
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Psychological Therapies Service (Inspire)

Counselling sessions are available all year round, in person and remotely

- Free to all Queen's students (if assessed as appropriate)
- Confidential and non-judgemental place to work through challenges
- Short-term & solutions focused



24hr Freephone:

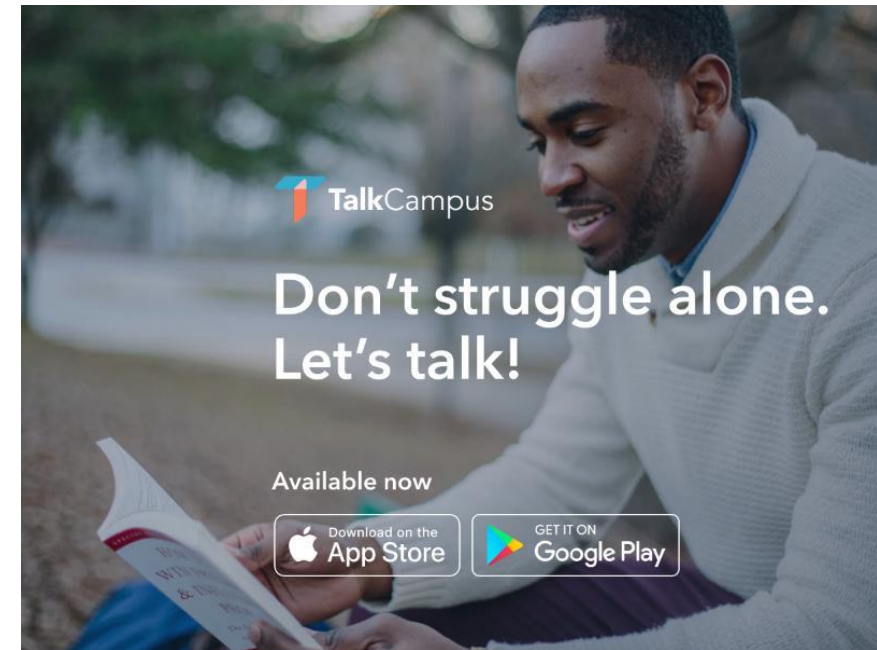
0808 800 0016 *for Immediate Telephone Support*



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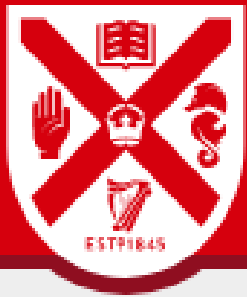
Talk Campus

- Peer Support App for University Students
- Currently used by over 400 QUB students
- 26 different languages
- Peer Support, Buddy System, Clinical Support





- Self-care is “Intentionally engaging in practices and activities that reduce stress”
- Be Prepared: Proactive steps, register with G.P., have access to medications
- 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 (Take 5)

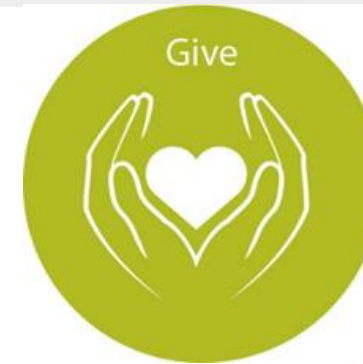


PHYSICAL FITNESS

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





Connect With Us



@qubwellbeing



@qubstudentwellbeing



@qubstudentwellbeing

Find out more: go.qub.ac.uk/studentwellbeing

THANK YOU

Any questions?



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