

STUDENT DISABILITY & WELLBEING SERVICE



QUEEN'S
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):

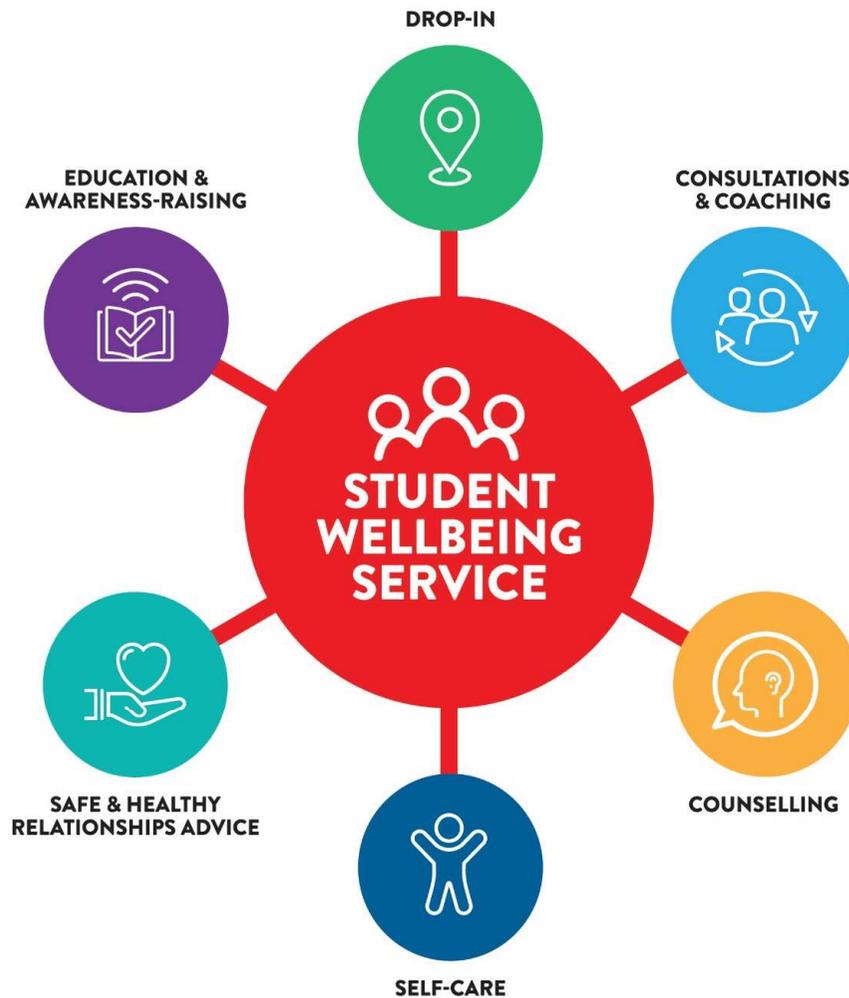
- Social communication impairment (e.g. ASC)
- SpLD (e.g. dyslexia)
- Blind /visual impairment
- Mental health condition
- Physical impairment
- Deaf / hearing impairment
- Other medical condition

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



Report and Support Student Portal:
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

Find out more: 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)

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

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)*



- 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



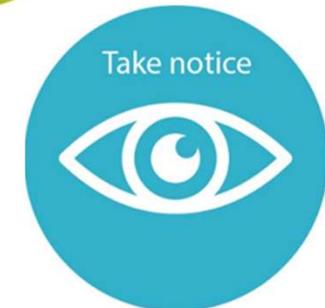
Staying Healthy- Take 5

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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