



# Need Support? We're here to help you be well

Whatever you're going through, there are a wide range of support services available. Services provided by Student Disability & Wellbeing are available to all registered students at the University.

## DROP-IN

*Disability & Wellbeing*

Monday-Friday, 11:00am-3:00pm

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



DROP-IN



Call us:  
07387 546 123



Online:  
[go.qub.ac.uk/drop-in](http://go.qub.ac.uk/drop-in)



Visit us: One Elmwood  
Student Centre

## PSYCHOLOGICAL THERAPIES & OUT OF HOURS

Psychological therapies are offered in partnership with Inspire Wellbeing.

**INSPIRE** 24/7 helpline | Freephone  
0808 800 0016 (Wellbeing Support)

Students who require immediate Wellbeing support can also contact:

**LIFELINE** 24/7 helpline | Freephone  
0808 808 8000 (Crisis Support)

Your GP or Emergency Department.  
In an emergency, dial 999.

The GP out of hours number for the University area is: 028 9079 6220.



PSYCHOLOGICAL THERAPIES & OUT OF HOURS

## SAFE & HEALTHY RELATIONSHIPS

We have a specialist Safe & Healthy Relationships Adviser to support students affected by sexual misconduct, bullying, harassment, or hate crime.

Students can report issues anonymously or with their details at: [reportandsupport.qub.ac.uk](http://reportandsupport.qub.ac.uk)



SAFE & HEALTHY RELATIONSHIPS ADVICE

## EVENTS

We run a variety of events to help students 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/WOWEvents](http://go.qub.ac.uk/WOWEvents)



EVENTS