



**QUEEN'S
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Information on Wellbeing and Mental Health for Students

October 2022

School Manager



The wellbeing of our students is a key priority for the University, as we seek to create parity of esteem between our mental and physical health.

Contained within are some helpful links to support services!

www.qub.ac.uk/directorates/sgc/wellbeing/

QUB Student Wellbeing Twitter @QUBWellbeing

Here to provide mental health and wellbeing support through one to one advice, counselling and self-help material

twitter.com/qubwellbeing?lang=en

EPS Wellbeing

Information and links to EPS events

www.qub.ac.uk/about/Leadership-and-structure/Faculties-and-Schools/Engineering-and-Physical-Sciences/EPWellbeing/



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School Mental Health Student Ambassadors (MHAs)

Support for all students

Bethany Campbell (UG student)
Kavita Kavita (PGT student)



School Wellbeing

Mental Health Ambassadors

<http://go.qub.ac.uk/SMPMHAScheme>



This is part of the **EPS Faculty-wide initiative** on staff and student wellbeing, which the School is proud to be involved in! <http://go.qub.ac.uk/SMPMHAScheme>

What Support is available through our MHAs?

A team of **trained and certified** staff mental health ‘ambassadors’ are equipped to provide local support to our staff and students and, signpost them to experts and additional support.

Our ambassadors will lead out on the delivery of our positive mental health initiatives and be paramount to promoting a **supportive environment and culture** across the School. They will help raise awareness of such matters through appropriate events and improved communication, and to help **overcome the stigma related to mental-health difficulties**.

The MHAs are part of the **School Wellbeing Group** led by **Dr Tchavdar Todorov**

Our initiative compliments existing University services.



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Wellbeing School Mental Health Ambassadors



For Staff

Dr Meg Schwamb (Academic)

Office location: 02.014, Main Physics Building
m.schwamb@qub.ac.uk

Dr Ying-Fen Lin (Academic)

Office location: 01.025, Old Physics Building
y.lin@qub.ac.uk

Dr Samuel Grant (PDRA)

Office location: 02.033, Main Physics Building
samuel.grant@qub.ac.uk

For Students

Bethany Campbell (UG student) bcampbell33@qub.ac.uk

For those wanting anonymous help, there is an MHA email:
eps.wellbeing@qub.ac.uk





Pilot, EPS level 1 and 2 undergraduate students, autumn 2021

Fika is an app designed specifically to help students learn practical mental fitness techniques.

For the duration of the pilot in 21/22, EPS are prioritising new undergraduate students to EPS.

www.qub.ac.uk/about/Leadership-and-structure/Faculties-and-Schools/Engineering-and-Physical-Sciences/EPswellbeing/fika/

Contact EPS Wellbeing eps.wellbeing@qub.ac.uk

Students can use the app to access a dedicated series of programmes created by Fika, where you'll hear from expert psychologists, academics and professional athletes in five-minute videos, audio and text programmes. <https://www.youtube.com/watch?v=2Xi9bHwLrj0>

It is hoped that you'll come away with insights into the science behind your mental health, and get an understanding of the seven key skills of mental fitness:



Stress - Focus – Positivity – Connection – Motivation - Confidence - Meaning



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QUB Student Wellbeing Service

Students can connect and avail of the service!

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

Despite the current uncertain times, please be assured that the Student Wellbeing Service are still here to support all students. **Daily Drop-in will continue to run 11:00am - 3:00pm, either by visiting in-person at the Student Guidance Centre (Level 1). If you wish to drop-in remotely, this can be accessed by clicking the button below to complete our form. Please include a telephone number and someone from our team will call you back.**

Alternatively, you can call us directly on 073 87 546 123 between 11:00am-3:00pm

Online Contact Form

<http://www.qub.ac.uk/directorates/sgc/wellbeing/raw/>



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**DISABILITY
AND WELLBEING**

Email: studentwellbeing@qub.ac.uk

Connect with the team

www.qub.ac.uk/directorates/sgc/wellbeing/ConnectWithUs/

Student Disability & Wellbeing Service Video

<https://www.youtube.com/watch?v=UYIKyEVRx3E>

This short video is an overview of the Disability and Wellbeing support available to students throughout their time in QUB, regardless if you are on or off campus!

Colleagues who can provide advice:

Denise Clements, EPS Student Wellbeing Adviser

Megan O'Brien, Wellbeing Advisor, PG Students

www.qub.ac.uk/directorates/sgc/wellbeing/
www.facebook.com/studentwellbeingatqueens
twitter.com/qubwellbeing?lang=en



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School Safe Harbours

<https://www.qub.ac.uk/schools/SchoolofMathematicsandPhysics/Discover/SafeHarbourScheme/>

Who can use the Safe Harbour Service?

The service is aimed primarily at **PhD students**, postdocs, research fellows and academic staff.

What is the role of the Safe Harbour?

The safe harbours' role is to **listen to your concerns and signpost relevant university procedures**, policies and services. The safe harbours are academic staff drawn from different subject areas within the school. PhD students, research and academic staff in the School of Mathematics and Physics are welcome to approach any safe harbour in confidence, particularly if they feel it would be useful to discuss their issue with someone who works in a different part of the school.

Full details of our four academic staff who provide this service are detailed on the website link above.



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QUB Students' Union

<https://www.qubsu.org/AdviceSU/HealthWellbeing/>

- **Inspire Students** - <https://www.inspirewellbeing.org/students>
- Contact the Inspire 24hr Freephone on 0808 800 0016 or email qubstudents@inspirewellbeing.org.
- Email the elected Students' Union Vice-President for Welfare at su.vpwelfare@qub.ac.uk
- Contact Student Welfare at studentwellbeing@qub.ac.uk or call 028 9097 2893



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Worried about a friend

What can I do?

University can present difficult times for everyone. If you find yourself concerned about a friend, whether they've confided in you, or are unwilling to recognise a problem, it is important to take action if you believe they need a little guidance.

The below link contains useful resources and further links to advice and support!

<https://www.qub.ac.uk/directorates/sgc/wellbeing/InformationforStudents/StudentConcerns/HealthandWellbeing/Worriedaboutafriend/>

<https://reportandsupport.qub.ac.uk/>



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