

# *Wellbeing* School Mental Health Ambassadors

This is part of the **EPS Faculty-wide initiative** on staff and student wellbeing, which the School is proud to be involved in!

## 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**.

**Our initiative complements existing University services:**



[staffwellbeing@qub.ac.uk](mailto:staffwellbeing@qub.ac.uk)

Website: <https://www.qub.ac.uk/directorates/HumanResources/employees/wellbeing-at-queens/>

Staff Intranet Site

<https://qubstudentcloud.sharepoint.com/sites/int->

[peopleandculture/SitePages/Pay,%20Reward%20and%20Benefits/Staff%20Wellbeing/Staff-Wellbeing-Events.aspx](https://qubstudentcloud.sharepoint.com/sites/int-peopleandculture/SitePages/Pay,%20Reward%20and%20Benefits/Staff%20Wellbeing/Staff-Wellbeing-Events.aspx)



# *Wellbeing* School Mental Health Ambassadors

## For Staff and Students

### **Dr Meg Schwamb (Academic)**

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### **Dr Samuel Grant (Academic)**

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### **Dr Ying-Fen Lin (Academic)**

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### **Mrs Teresa Cotton (Professional Support)**

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### **Mrs Naoimh Mackel (Professional Support)**

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## Dedicated especially to Students

### **Dr Leanne Stevenson (Student Support Officer)**

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### **Mrs Jeanette Hedley (Student Support)**

Office Location: OG.030 Main Physics Building  
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For those wanting anonymous help, there is an MHA email: [eps.wellbeing@qub.ac.uk](mailto:eps.wellbeing@qub.ac.uk)

