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# Information on Wellbeing and Mental Health for Students

**January 2025**  
**Student Support Team**



# 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/](http://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](https://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/EPswellbeing/](http://www.qub.ac.uk/about/Leadership-and-structure/Faculties-and-Schools/Engineering-and-Physical-Sciences/EPswellbeing/)



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## Report + Support

**We are committed to support students affected by either  
SEXUAL MISCONDUCT, BULLYING, HARASSMENT and HATE CRIME**

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

### What happens when I report?

**There are two ways you can tell us what happened**

[Tell us anonymously](#) or [Speak to an Safe & Healthy Relationships Advocate](#)

**What is expected of you:**

“Treat fellow students, University staff and visitors equally and respectfully regardless of gender, religion, community background, nationality, race/ethnic origin, disability, marital status, care of dependants, sexual orientation, or age”

**The University Student Charter [here](#)**



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# School Mental Health Student Ambassadors (MHAs)

## Support for all students

Bethany Campbell (UG student)  
Erin Ferry (UG 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 complements 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](mailto:m.schwamb@qub.ac.uk)

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

Office location: 02.033, Main Physics Building  
[samuel.grant@qub.ac.uk](mailto:samuel.grant@qub.ac.uk)

### **Ms Jennie Finlay (Professional Support)**

Office location: 0G.020, Main Physics Building  
[jennie.finlay@qub.ac.uk](mailto:jennie.finlay@qub.ac.uk)

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

Office location: 01.025, Old Physics Building  
[y.lin@qub.ac.uk](mailto:y.lin@qub.ac.uk)

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

Office location: 0G.024, Main Physics Building  
[t.cotton@qub.ac.uk](mailto:t.cotton@qub.ac.uk)

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

Office location: 0G.025, Main Physics Building  
[n.mackel@qub.ac.uk](mailto:n.mackel@qub.ac.uk)

## For Students

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

Office Location: OG.023 Main Physics Building  
[mp.ss@qub.ac.uk](mailto:mp.ss@qub.ac.uk)

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

Location: OG.030 Main Physics Building  
[mp.ss@qub.ac.uk](mailto:mp.ss@qub.ac.uk)

For those wanting anonymous help, there is an MHA email: [eps.wellbeing@qub.ac.uk](mailto:eps.wellbeing@qub.ac.uk)



# QUB Student Wellbeing Service

**Students can connect and avail of the service!**

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

**Daily Drop-In Service: 11:00am to 3:00pm, Level 1, One Elmwood Building**

If you have a query or need support, our daily Accessibility and Wellbeing Drop-in can be your first point of contact. The drop-in runs from 11am to 3pm, Monday-Friday on Level 1, One Elmwood.

**Online Contact Form**

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



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# SU Advice - Drop-in Sessions



## Drop-in Sessions

SU Advice is now offering 15-minute drop-in sessions to students on Tuesdays, Wednesdays & Friday from 11:30am - 2pm.

No appointment is necessary.

You can find SU Advice on the third floor of the SU. Students will be seen in the order they arrive at the drop-in. If your issue cannot be resolved within the 15 minute slot, a further appointment will be made with an SU Adviser.

Need Advice - email us on [su.advice@qub.ac.uk](mailto:su.advice@qub.ac.uk) or completing our online enquiry form, [General Advice | QUBSU](#).

## Health and Wellbeing

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



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Email: [studentwellbeing@qub.ac.uk](mailto:studentwellbeing@qub.ac.uk)

**Connect with the team**

[www.qub.ac.uk/directorates/sgc/wellbeing/ConnectWithUs/](http://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:**

**Paddy McGuigan**, EPS Student Wellbeing Adviser

**Megan O'Brien**, Wellbeing Advisor, PG Students

[www.qub.ac.uk/directorates/sgc/wellbeing/](http://www.qub.ac.uk/directorates/sgc/wellbeing/)  
[twitter.com/qubwellbeing?lang=en](https://twitter.com/qubwellbeing?lang=en)



# 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 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](mailto:qubstudents@inspirewellbeing.org).
- Email the elected Students' Union Vice-President for Welfare at [su.vpwelfare@qub.ac.uk](mailto:su.vpwelfare@qub.ac.uk)
- Contact Student Welfare at [studentwellbeing@qub.ac.uk](mailto: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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