

December 2019



DROP-IN

Student Drop-In Service Level One Student Guidance Centre

The Student Disability & Wellbeing Drop-In Service is running throughout Semester 1. The Drop-In Service runs Monday – Friday 11:00am – 3:00pm. (20 mins slot allocated on first come first served basis).

To book a one hour appointment with a Wellbeing Advisor please email StudentWellbeing@qub.ac.uk or complete our online form available at: gp.qub.ac.uk/WellbeingForm

REPORT & SUPPORT

SUPPORTING
A SAFE
CAMPUS FOR
EVERYONE.



REPORT AND SUPPORT <https://reportandsupport.qub.ac.uk/>

Report and Support is our online reporting system. You can choose to report anonymously or choose to give your details to an adviser.

All issues will be handled with confidentiality and students can report any form of **sexual misconduct, hate crime, bullying or harassment.**

USEFUL CONTACTS

The Student Guidance Centre will be closed for the Christmas holiday period, 21 December – 1 January. If you or someone you know are in need of support, these services are available to contact during the holidays.

- **Counselling Service** T: 0808 800 0016 E: qubstudents@inspirewellbeing.org
- **Lifeline** - 0808 808 8000 (free from mobile or landline)
- **The Samaritans**: 116 123 (national line) or 02890664422 (Belfast).
- **GP or A&E Service**, the GP Out of Ours in the University Area is 028 9079 6220
- **24 Domestic & Sexual Violence helpline**: 0808 802 1414

All services operate on a 24hr basis, except for the GP Out of Hours service which operates between 6pm-8am on weekdays, all weekends and bank holidays.

W: www.qub.ac.uk/sgc/wellbeing

T: 028 9097 2893

E: studentwellbeing@qub.ac.uk

F: facebook.com/studentwellbeingatqueens

T: twitter.com/QUBWellbeing

I: Instagram.com/qubstudentwellbeing

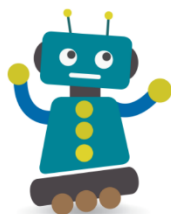
Student Wellbeing Newsletter



December 2019



support hub



[inspiresupporthub.org/students](https://www.inspiresupporthub.org/students)

The Inspire Student Support Hub provides instant access to a range of information, guidance and screening that is tailored specifically to help care for your individual wellbeing needs. This is available to all students at QUB.

Step 1: Sign-up <https://www.inspiresupporthub.org/students/sign-up> with the QUB pincode:

QUB2019!

Step 2: Login in with your username and password

Step 3: Access all of the materials on Inspire Student Hub



Belfast Health and Social Care Trust

caring supporting improving together



STUDENT WELLBEING SERVICE

A new pilot programme of low-intensity Cognitive Behavioural Therapy (CBT) has commenced within Student Wellbeing Services in November 2019. Psychological Wellbeing Practitioners (PWP) will deliver individual sessions to students presenting with mild to moderate anxiety and/or depression, panic attacks, sleep disruption and lack of motivation.

Students interested in this service should present to Student Wellbeing Drop-in or e-mail studentwellbeing@qub.ac.uk, where arrangements will be made to assess students for suitability for the service.

WELLBEING ON WEEKDAYS (W.O.W.)



Book your place by emailing us at WOWEvents@qub.ac.uk

Stretch Your Dough Workshop

4 December 2019
3:00PM - 4:00PM

Old Staff Common Room

*Free Pizza Provided

Celebration Brunch

11 December 2019
11:00AM - 2:00PM

Social Space,
Graduate School

E-mail us at WOWEvents@qub.ac.uk
to book your place

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E: studentwellbeing@qub.ac.uk

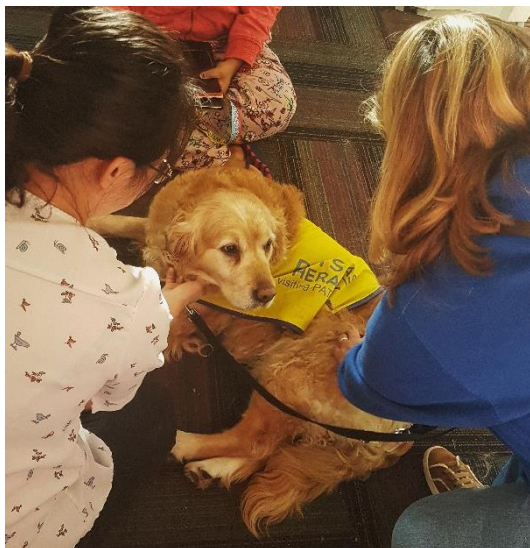
F: facebook.com/studentwellbeingatqueens

T: twitter.com/QUBWellbeing

I: Instagram.com/qubstudentwellbeing

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Biggest event of the semester – over 300 attendees



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