



Queen Mary
University of London



Introducing Student Wellbeing Services at Queen Mary

Student Wellbeing Advisors

Introducing Student Wellbeing Services at Queen Mary

- Introduction
- Icebreaker
- Transitioning to university
- What services we have
- What they do
- Where we are based

Icebreaker

Line Up

How to play:

Listen to our prompt and organise yourself into lines or clusters/groups according to what you have in common.



Icebreaker

Favourite Things

How to play:

1. Write on a piece of paper your name and a favourite thing. This could be a hobby, object or even a famous person!
2. Underneath, write down three reasons why it's your favourite thing.
3. Hand your piece of paper to a student wellbeing adviser.
4. They will read out each person's favourite thing, then it will be your job to guess who wrote it down!
5. Feel free to ask that person more about their favourite things, or say if you share a similar interest



Advice & Counselling Service

Advice and Counselling Service

- ✓ Frontline Team
- ✓ Welfare advice
- ✓ Counselling
- ✓ Mental Health Advisers
- ✓ Student Wellbeing Advisers
- ✓ Sexual Assault and Harassment Advisers

ACS are based in the ground floor of the Geography Building in Geography Square



Counselling

Who we are:

- Psychodynamic and Integrative Counsellors
- CBT Therapists
- Group Therapist

What we offer:

- One off appointments
- Short counselling contracts
- Workshops and Groups
- Group Therapy
- Signposting and referral to other services

Mental Health Advisers

- Mental Health Advisers (MHAs) provide practical support and interventions to help students manage their mental health alongside their studies.
- Their support differs from counselling, focusing on practical strategies rather than talking therapy.
- MHAs discuss and identify students' needs, advising on suitable services and creating tailored support plans.
- With the student's permission, MHAs can make referrals to internal services (e.g., counselling, welfare advisers, Disability and Dyslexia Service) or external services (e.g., GPs, health services).

Student Wellbeing Advisers

- The Student Wellbeing Team based in the Advice and Counselling Service are on hand to assist with any matters relating to students' physical or mental wellbeing.
- Student Wellbeing Advisers can offer individual support around any topics impacting on university life such as stress, anxiety, time management, meeting new people and transitioning to university.
- The team will also be working on university wide projects to promote student wellbeing in line with the NHS 5 Ways To Wellbeing.

Welfare Advice and Advocacy

- Eligibility and applying for Student Finance
- Postgraduate Funding
- Planning a budget
- Fee status
- Tuition fee payments
- Applying for Hardship Funds
- Bursaries and Scholarships
- Specific support for students without family contact, or asylum seekers / refugees
- Changes to your studies, eg interrupting, retaking
- www.qmul.ac.uk/welfare/money-and-practical-advice/

International Students' Advice

Other common topics we can advise you on:

- Travel and re-entering the UK
- Changes to studies
- Changes to personal circumstances
- Family members
- Lost documents
- Working during and after studies
- Visa

www.qmul.ac.uk/welfare/visas-international-advice/

Sexual Assault and Harassment Advisers

The SAHA is a specialist adviser who provides emotional and practical support to anyone who has been raped, sexually assaulted, or harassed, whether that's happened recently or in the past. The SAHA can:

- Provide students with impartial information and support around options for reporting both within the University and externally
- Supporting them through any reporting process they choose to engage with.
- Signposting and referring students to appropriate support services both within the University and externally
- Supporting students to understand and manage the impact of sexual violence.
- Working with students to develop positive coping strategies, re-build self-esteem and trust in themselves and others

Activity

Taboo!

- Divide into groups of 5-6 people
- One person is the 'clue giver' and can see the cards, the other people are guessers
- The Clue Giver has to get the guessers to guess the word at the top of the card. The group are not allowed to say any of the words below the top word
- When a guesser says the correct word, you can move on to the next card
- Group with the most cards each round wins!

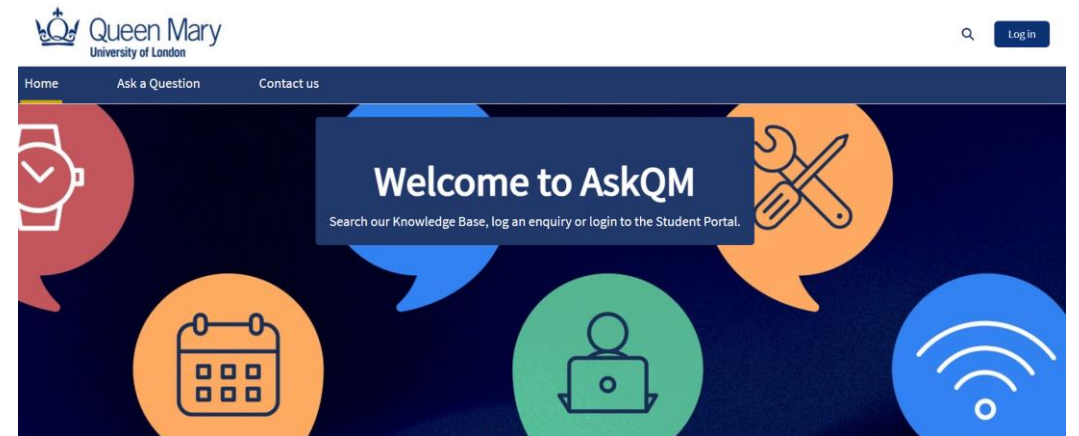
How to contact us

ACS are based in the ground floor of the Geography Building in Geography Square

Our reception is normally open **Monday to Friday from 10:00am – 4.00pm**

Our telephone line is open Monday to Friday 10:00am - 4:00pm:
+44 20 7882 8717

Contact us online using AskQM





Queen Mary
University of London