



# Student Life

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Student Projects and Campaigns Assistant

- Register GP
- Health
- Social media groups

# Registering for the GP

- There is a free Student Health Service available on campus
- Students living in the borough of Tower Hamlets (postcodes E1, E2, E3 and E14)
- Visit [www.studenthealth.qmul.ac.uk](http://www.studenthealth.qmul.ac.uk) or email [studenthealth@qmul.ac.uk](mailto:studenthealth@qmul.ac.uk)



Register for the  
Student Health Service

# Accessing the GP

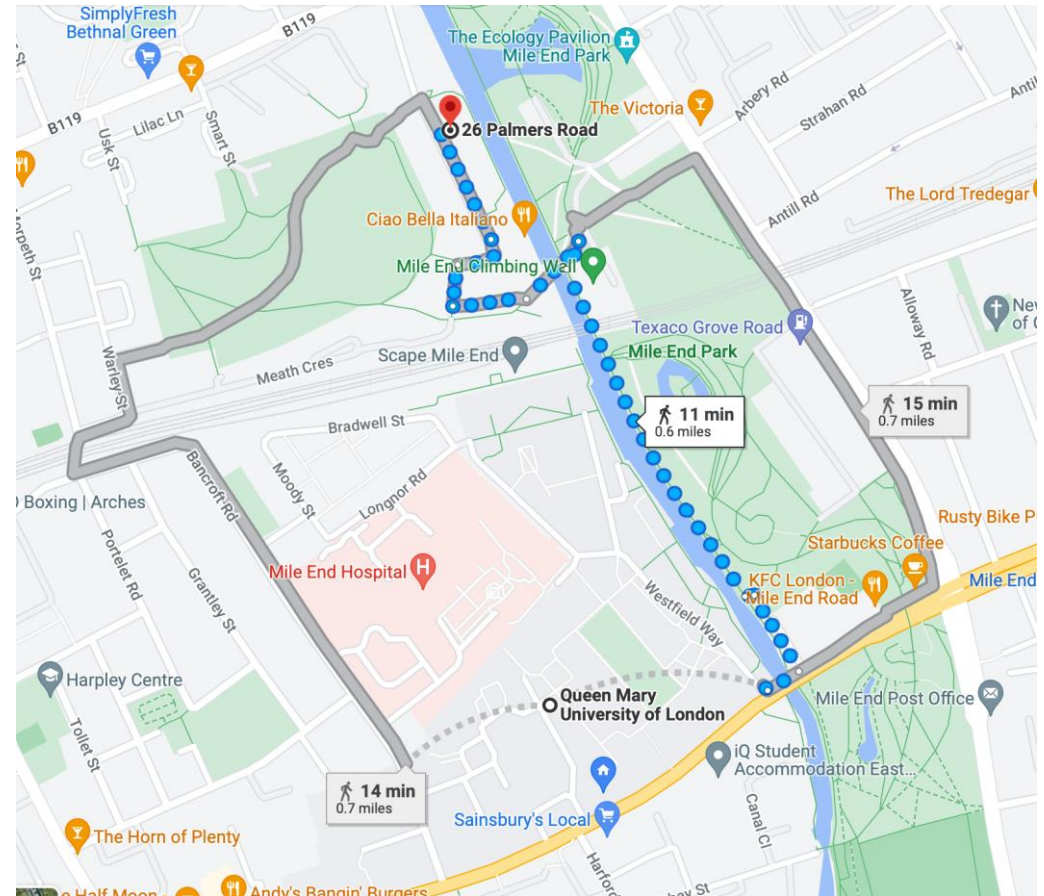


Register for the  
Student Health Service



# Sutton Wharf Health Centre

- [www.suttonswharfhealthcentre.nhs.uk](http://www.suttonswharfhealthcentre.nhs.uk)



# Health

- Sexual Health
  - Contraception (C-card, emergency contraception)
  - STI Testing
- Wellness Trail
  - Free or cheap and easy ways to take a break or relax.
  - <https://www.studenthealth.qmul.ac.uk/wellness-trail>
- Dentist
  - Will require payment -  
<http://www.nhs.uk/nhsengland/aboutnhsservices/dentists/pages/nhs-dental-charges.aspx>
  - The 2nd Floor Dental Practice  
2nd Floor Health and Wellness Centre  
31-43 Ashfield Street  
London  
E1 2AH

Open Monday to Friday 9am to 5pm (closed for lunch between 1-2pm)  
For more information please call 020 7377 7067.

# Report and Support

- If you or someone else have experienced bullying and harassment, hate incidents or gender-based violence
- Provides information on various topics.
- Provides training in collaboration with the Student Union

There are two ways you can tell us what happened

Report anonymously

or

Report with contact details

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

# Local Health Services

**All East** provide confidential sexual health services at centres across East London:

Sexual health screenings, including HIV testing

A full range of contraception

**Positive East** provide support for anyone affected by HIV including:

Rapid HIV testing services

Information and advice

Counselling

**Safe East** are a team helping young people, aged 10-19, make safer, healthier choices and offer:

Testing and treatment for STIs

Contraception

Advice and information about sexual health, relationships and consent

Information, advice and support with substance misuse

**Tower Hamlets Connect** have lots of useful information on their website about sexual health.



# Mindfulness

## **The "Mindful Study" Website/APP**

This is a FREE APP designed for QMUL students.

Help with Procrastination

Help with Exam Anxiety

Support for study and revision

Go to the site and apply for your password.

<https://mindfulstudy.org.uk/>

# Mindfulness

## **Mindful Study Support**

Starting Oct 30th at 2pm - 2.30pm

Informal online support for students using the Mindful Study App or meditation in general for wellbeing and performance enhancement. Free/No booking required.

Google Meet Link: <https://meet.google.com/oeu-ocdh-jnh>

<https://stbenetschaplaincy.org.uk/mindfulness>

# Mindfulness

## **Monday Practice Sessions (ongoing & FREE)**

Join this "public" drop-in group online from 12:30 -13:00

Google Meet Link: <https://meet.google.com/duf-fjzf-ycm>

Sign up for a weekly reminder email

<https://forms.gle/EmxNwLwogrfqyJh7A>

For more information

<https://stbenetschaplaincy.org.uk/mindfulness>

# Social Media



## Instagram

- @officialqmul
- @qmbuddyscheme
- @qmstudentlife



## Facebook

- @QMULMusic



## Twitter

- @QMUL\_Music
- @QueenMaryFaith
- @QMStudentHealth

<https://www.qmul.ac.uk/media/socialmedia>



# Tips

- Join Societies
- Become a student ambassador and sign up to QTemps
  - <https://www.qmul.ac.uk/careers/jobs-and-experience/items/queen-mary-student-ambassador.html>
- Get to know your advisors
- Get involved
- Ask for help

Thank you for your time