

## STUDENT WELLBEING

As a society committee we want to ensure you are equipped with the relevant information should a student come to you for advice.

The wellbeing of all our students is important so it is vital that as a committee member you do not try to deal with any issues personally but use the contacts below to direct the student to those best placed to support them.

If you or any of the committee need advice please contact your Activities Coordinator

NAME	SERVICE	CONTACT
UU Student Wellbeing	Help & advice covering wellbeing, disability issues & student money clinics	<b>02895367000</b> <b>studentwellbeing@ulster.ac.uk</b>
UUSU Advice Bureau	Advice on range of academic & welfare issues	For info on services available <a href="https://www.uusu.org/advice/">https://www.uusu.org/advice/</a>  To get in touch with an advisor complete online form <a href="https://www.uusu.org/advice/getintouch/">https://www.uusu.org/advice/getintouch/</a>
Togetherall	Togetherall is a free online community, a safe place to support your mental health 24/7.	<a href="https://togetherall.com/en-gb/">https://togetherall.com/en-gb/</a>
Safezone	A free new app for that connects you to the University security team if you ever need urgent help, first aid or if you have an emergency while on campus.	<a href="https://www.ulster.ac.uk/safezone">https://www.ulster.ac.uk/safezone</a>
Inspire	24 hour Student Counselling (external service)	<b>0800 028 5510</b>
Lifeline	24 hour Student Counselling (external service)	<b>0808 808 8000</b>

NAME	SERVICE	CONTACT
Samaritans	Telephone support (external service)	<b>116 123</b>
Domestic & Sexual Violence Helpline	24 hour helpline	<b>0808 8021414</b> <b>24hrsupport@dvhelpline.org</b>
Nexus NI	Specialist counselling for male and female survivors of sexual abuse/violence ages 16+	<b>028 9032 6803</b> <b>www.nexusni.org</b>
Women's Aid	This helpline is open to all women and men affected by domestic and sexual violence.	<b>0800 028 5510</b>