

WELLBEING SUPPORT

As Society Reps, we want to make sure you're equipped with the right information if a student approaches you for support. The wellbeing of our students is a priority, so it's important that you do not try to manage issues on your own. Instead, use the contacts below to guide students to the most appropriate sources of support.

If you need further advice or support please contact a member of UUSU activities team staff.

You can also check out <https://www.ulster.ac.uk/safespace/support> for links to report & support, consent information and other personal and community safety information

NAME	SERVICE	CONTACT
UUSU Safeguarding Officer	The UUSU designated Safeguarding officer should be contacted if a student feels that they or another person is at risk of harm	Colin Campbell cr.campbell@ulster.ac.uk 028 7012 4324
UU Student Wellbeing	Student Wellbeing provides help & advice with student mental health and wellbeing, safe and healthy relationships, disability and additional study needs as well as guidance on money management and hardship funding	www.ulster.ac.uk/student/wellbeing studentwellbeing@ulster.ac.uk 028 9536 7000
UUSU Advice Bureau	Offers free independent advice to support students on a range of issues related to Course & Academic, housing and accommodation, fees and finance, complaints, disciplinaries & international student issues.	Advice Bureau Contact an Advisor

NAME	SERVICE	CONTACT
Safezone	A free app that connects you to the University security team if you need urgent help or first aid whilst on campus	www.ulster.ac.uk/safezone
Lena (by Inspire)	24/7 Student counselling service	0800 028 5510
Lifeline	24/7 crisis response helpline	0808 808 8000
CALM	A free app that teaches mindfulness, calming techniques and meditation with the aim to improve mood	Download Calm for iOS Download Calm for Android
Women's Aid	Help for all aspects of domestic abuse	https://www.womensaid.org.uk/ 0800 028 5510
Online Guide for Friends	From the student mental health charity Student Minds. Offers information and tips on having difficult conversations and self-care.	www.studentminds.org.uk/supportforafriend.html
Cara Friend	Provides support for the LGBTQIA+ community	http://www.cara-friend.org.uk/ 0808 800 0390