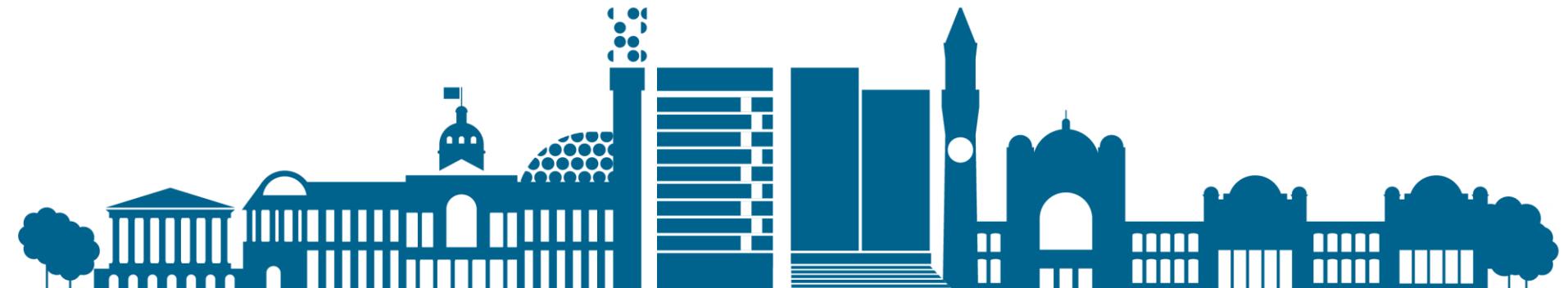


Student Wellbeing on Campus – A Partnership Approach

Drew Linforth – Head of Student Wellbeing &
Partnership



The University of Birmingham

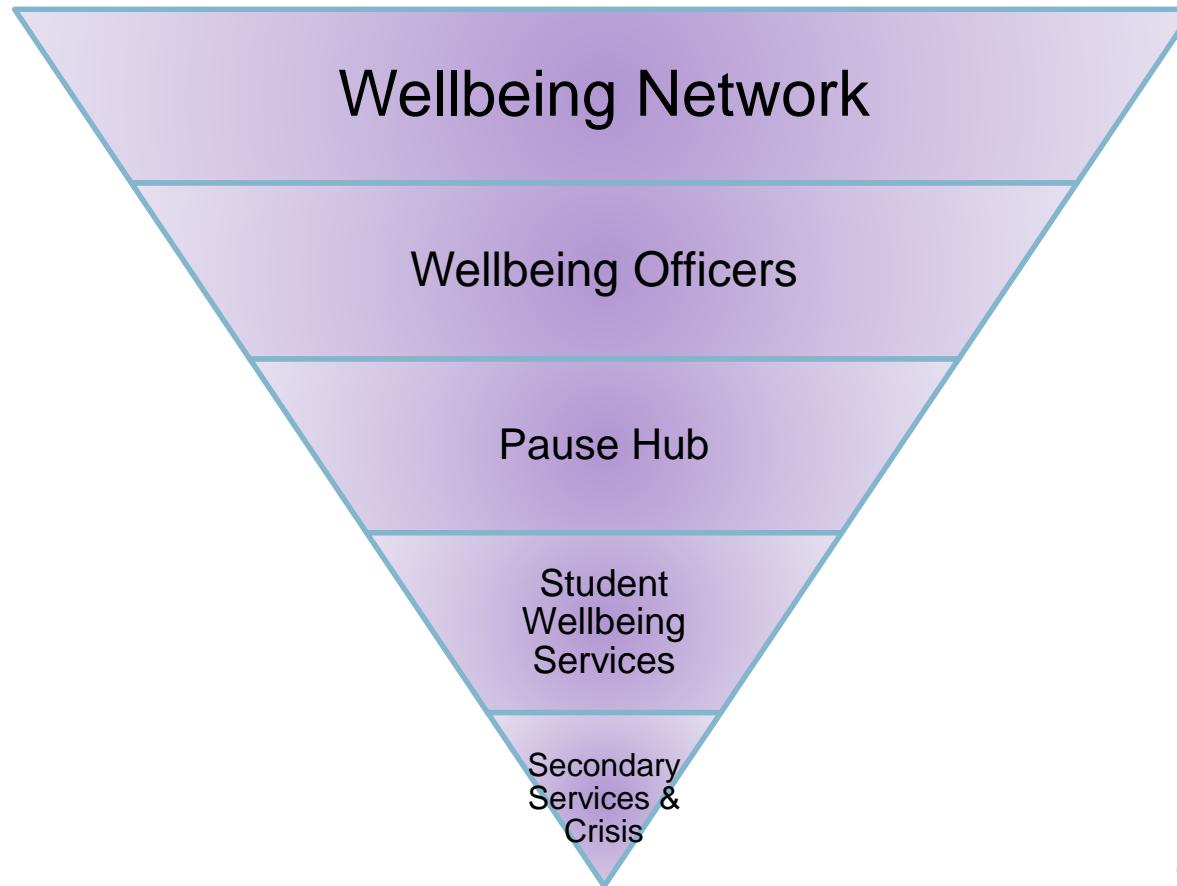
- 35,000 fte Students
- 8,000 staff
- 5 Colleges
- 85% – aged 18-25yrs
- 4th largest in the UK



Wellbeing Provision at the University – A Stepped Care Approach

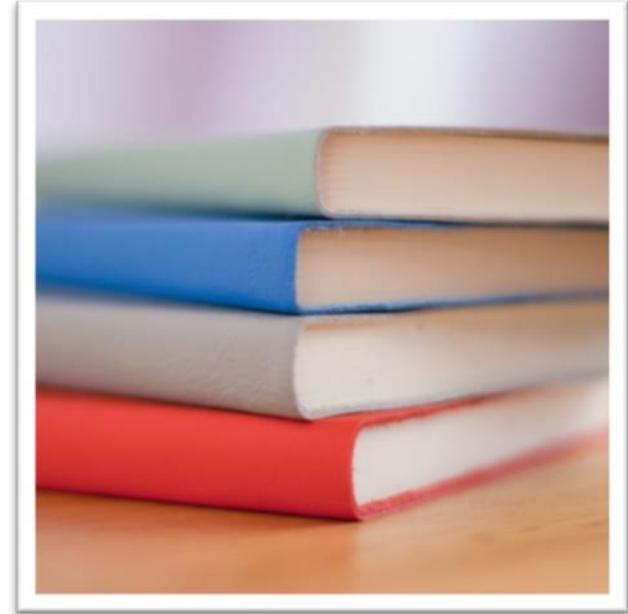


Wellbeing Provision at the University – A Stepped Care Approach



Wellbeing support in Schools & Colleges

- Dedicated Wellbeing Officers in all Colleges – can support with anything that may be affecting a student's studies
- Academic
- Practical
- Reasonable Adjustment Coordinators
- General Wellbeing



Pause.



UNIVERSITY OF
BIRMINGHAM

STUDENT
SERVICES

Office for
Students



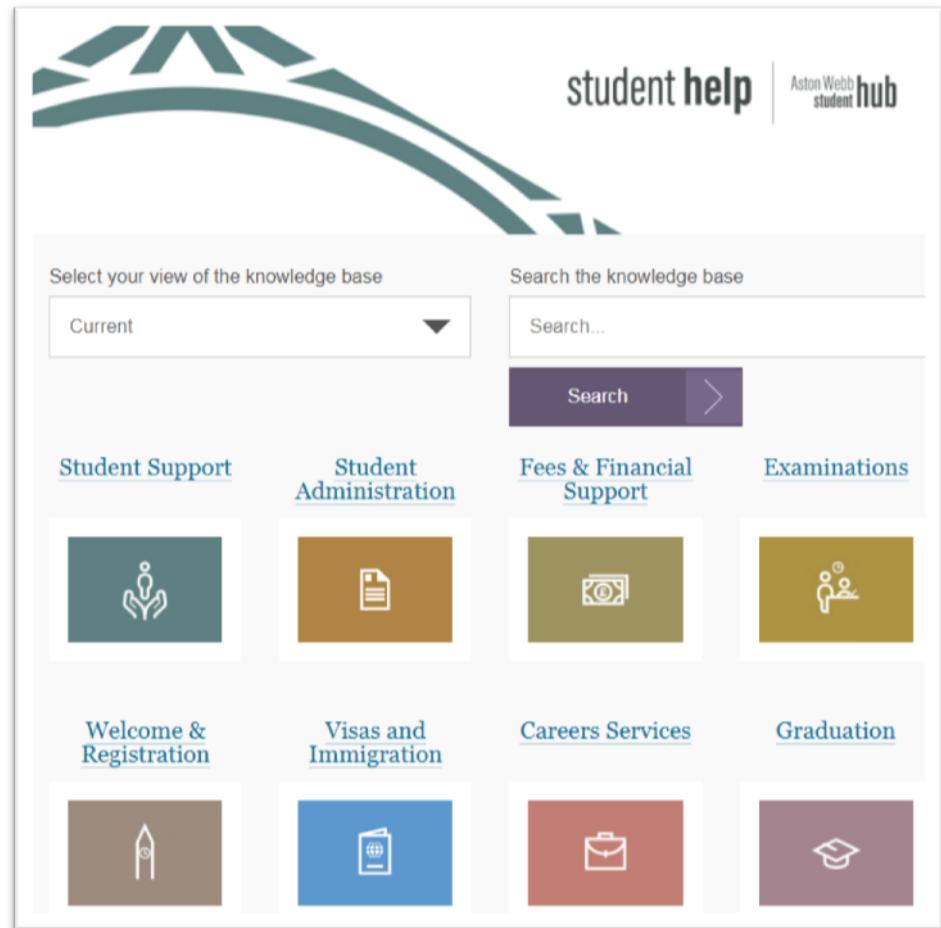
- Located in the 'Library Lounge'
- Open 30 hours per week
- Bank of Counsellors and mental health practitioners
- Brief therapeutic interventions
- Early Help
- Prevention
- TRANSITIONS



Student Support Services

- Student Disability Services
- Mental Health & Wellbeing
- Student Wellbeing & Partnership

www.studenthelp.bham.ac.uk



student help | Aston Webb student hub

Select your view of the knowledge base

Search the knowledge base

Current

Search...

Search

Student Support

Student Administration

Fees & Financial Support

Examinations

Welcome & Registration

Visas and Immigration

Careers Services

Graduation



Student Disability Services

- Learning Support – students with Specific Learning Difficulties, e.g. dyslexia and dyspraxia
- Students with mental health conditions and autism spectrum conditions
- Disability Services – sensory, mobility, long term health conditions



[Click here for further information](#)



Mental Health & Wellbeing

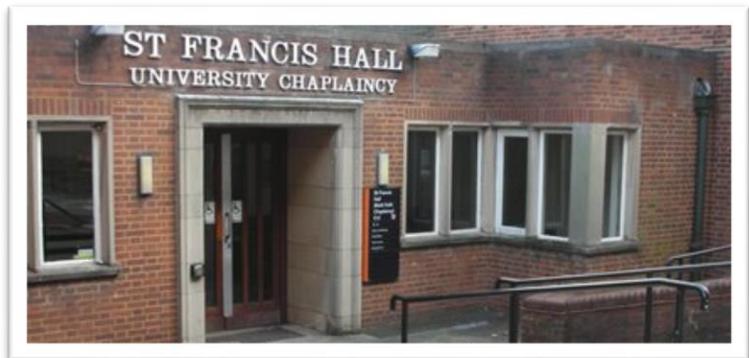
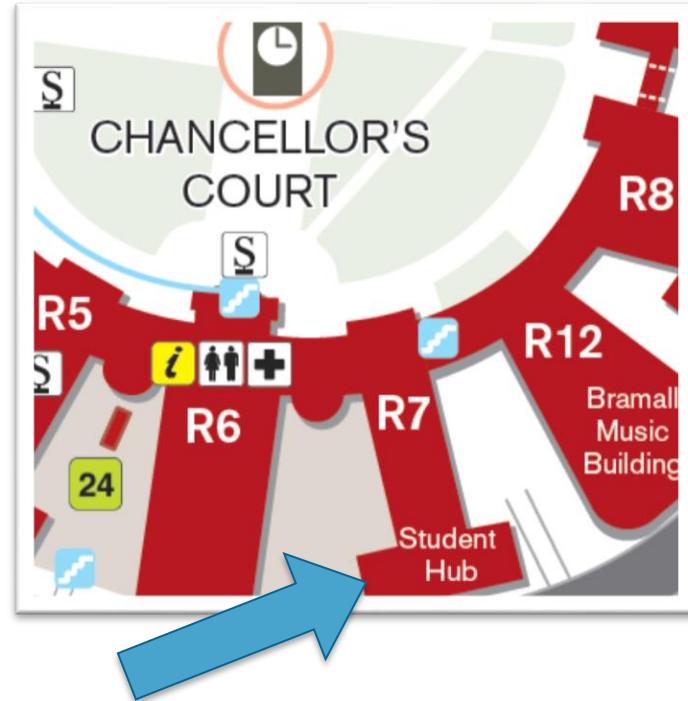


[Click here for further information](#)



Where can you find us?

- You can find us in the
Aston Webb Student Hub



The World of Wellbeing & ‘Feelings First’



Student intranet



Your Academic Life



Advice on studying and exams for Undergraduates and Postgraduates.

Your Wellbeing



Everything you need to know to help take care of your mental and physical wellbeing.

Your Student Community



Safety, Equality and Accommodation advice on and off campus.

Brexit for Students



Careers, Jobs & Finances



International Student Team



Health, welfare and wellbeing support.



Read our tips on staying healthy and looking after yourself. Find out about the support available for student parents and carers and victims of sexual violence and hate crimes.

Disability



Find out about the Student Disability Service, as well as assessment and support information.

Self help guides



Use our self-help guides, to help you discover simple ways in which you can begin to make positive changes.

Safety



Read our advice for keeping safe on and off campus, with news and regular updates.

Mental Health



Discover ways in which to manage your mental health, and the wide array of support available to you through the university.

Emergency/urgent support



In an urgent or emergency situation, there are many places you can go to for immediate support.

Not sleeping well

Struggling with self-care

Homesick

Feeling lost and alone

Missing your friends

Academic pressures

Stress

Overwhelmed

Feeling anxious

Low mood

Uncomfortable in groups

Drinking heavily and using drugs

Lack of motivation

Never sleeping properly

Low self-esteem

Struggling to connect with others

Eating issues

Impossible standards

PTSD symptoms

Often alone

Grief

Constant anxiety

Abuse

Difficulty leaving the house

Health problems

Self-harm

Suicidal thoughts

Trauma

Feeling numb

Often awake at night

Thoughts of hurting others

Not attending University

Hurting yourself to cope

Seeing things

Always feeling threatened

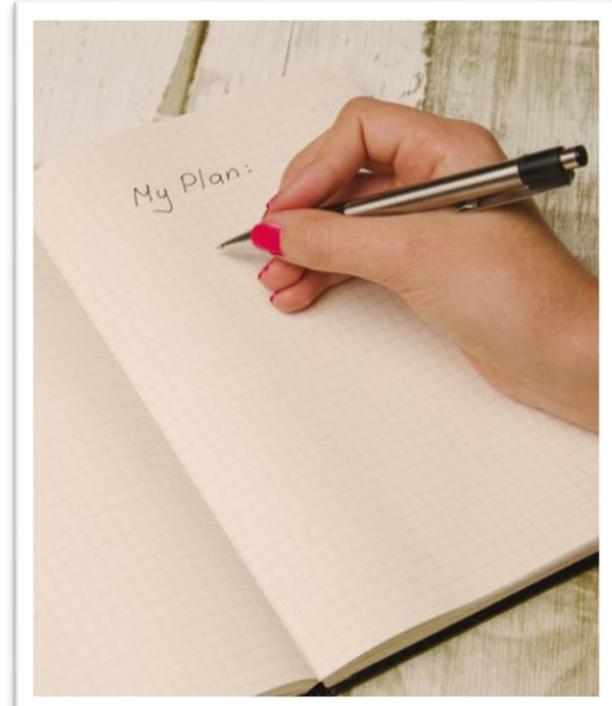
Hearing voices

Suicide plan



Things to remember now

- COMMON FEELINGS - Overwhelmed? Too much information? Homesick?
- Register with the GP
(*the University Medical Practice is on campus*)
- Make sure you've had your Meningitis & MMR vaccination
- Look after each other. If you are worried about someone, talk to your Wellbeing Officer based within your school
- Look after yourself and your wellbeing
- Get involved – societies/groups are a good way to make friends
- If you have a disability/mental health condition, you want support, and you haven't already let the University know, register as soon as possible



Thank You!

Questions

