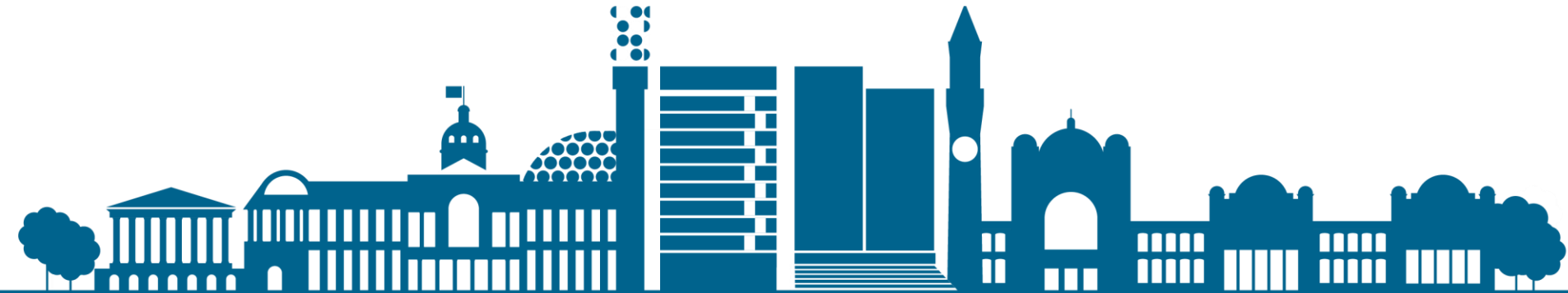




UNIVERSITY OF
BIRMINGHAM

Student Wellbeing on Campus – A Partnership Approach

Drew Linforth – Head of Student Wellbeing &
Partnership

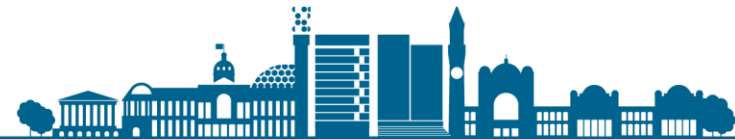


The University of Birmingham

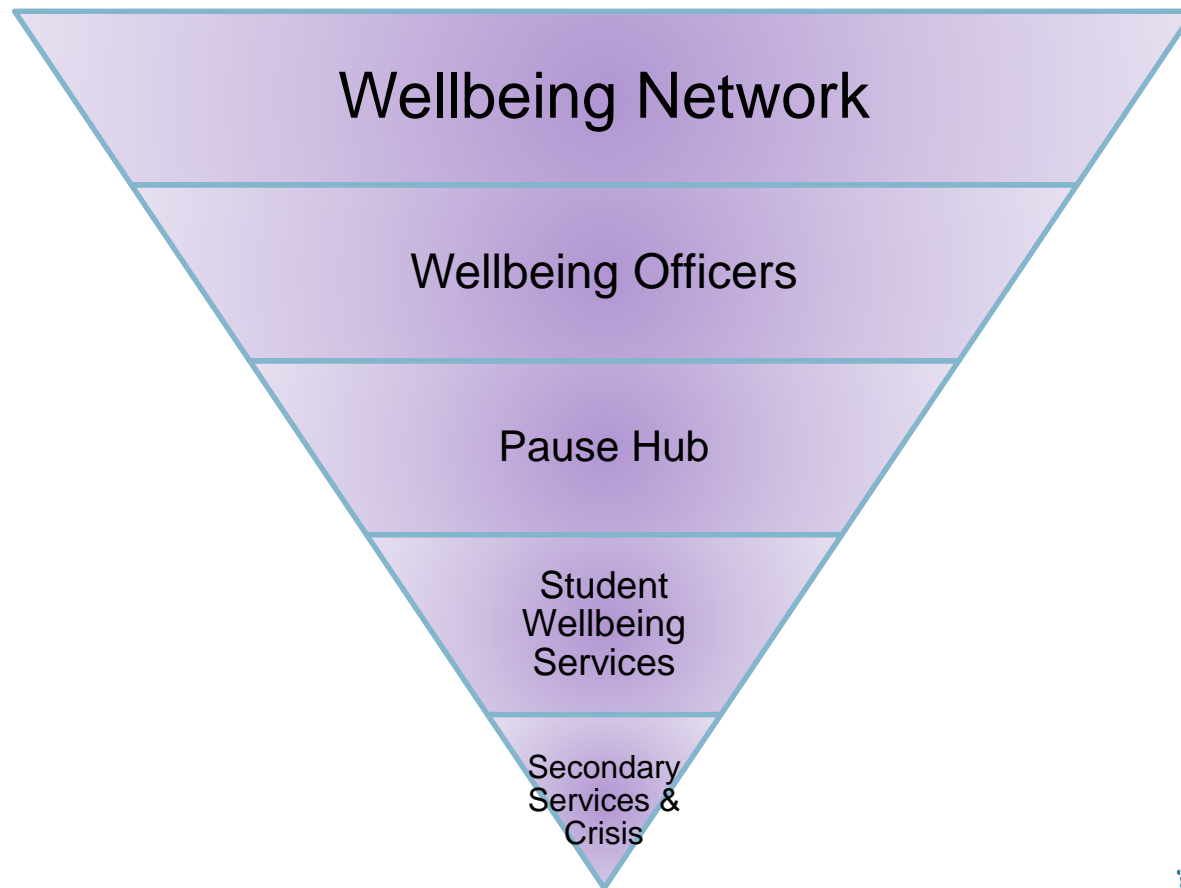
- 35,000 fte Students
- 8,000 staff
- 5 Colleges
- 85% – aged 18-25yrs
- 4th largest in the UK



Wellbeing Provision at the University – A Stepped Care Approach

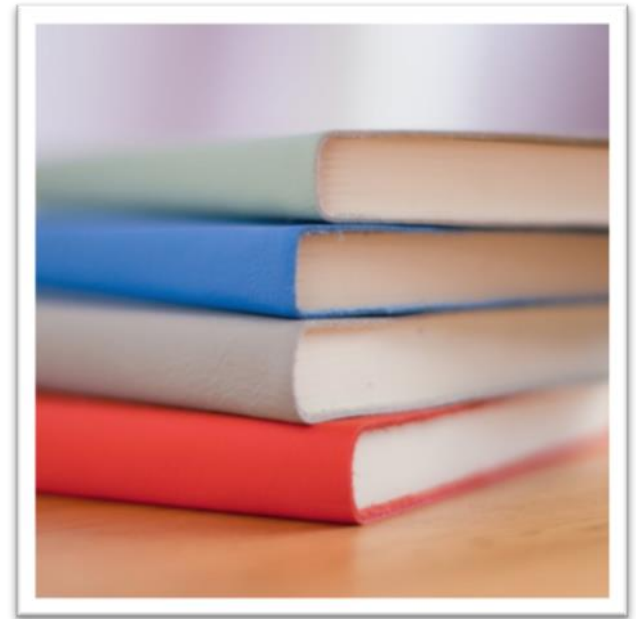


Wellbeing Provision at the University – A Stepped Care Approach



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



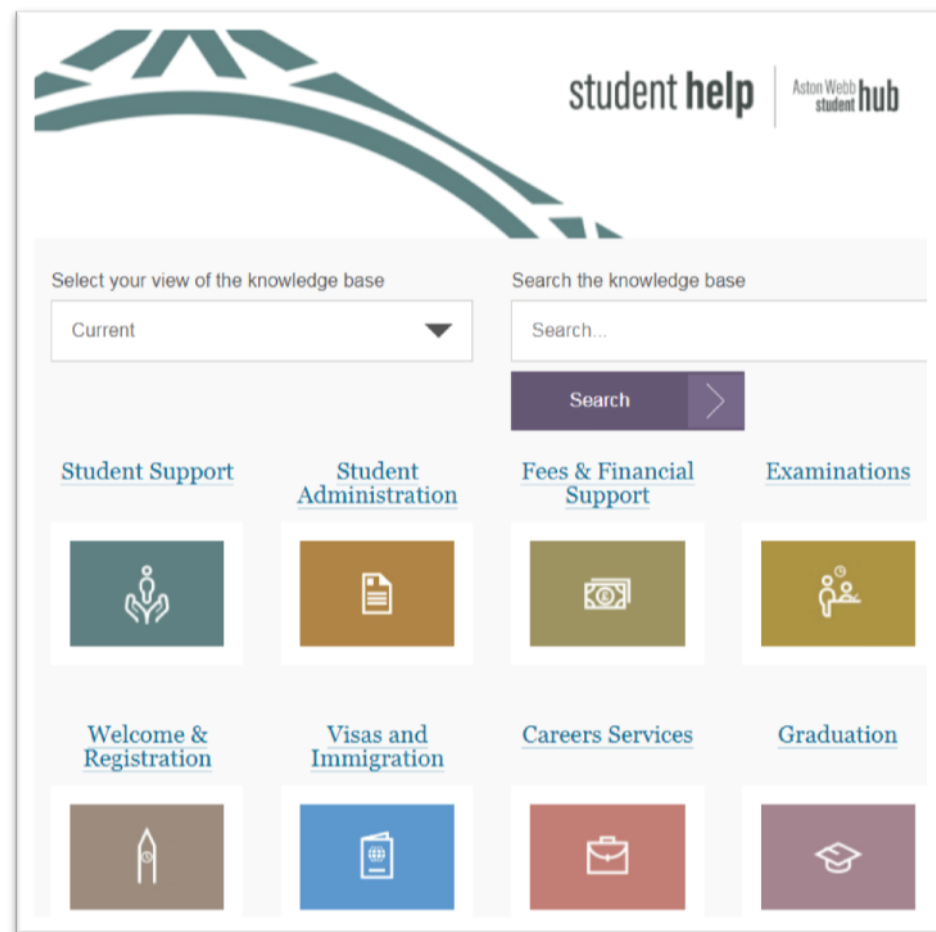
- ❑ Located in the 'Library Lounge'
- ❑ Open 30 hours per week
- ❑ Bank of Counsellors and mental health practitioners
- ❑ Brief therapeutic interventions
- ❑ Early Help
- ❑ Prevention
- ❑ TRANSITIONS



Student Support Services

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

www.studenthelp.bham.ac.uk



Student Disability Services

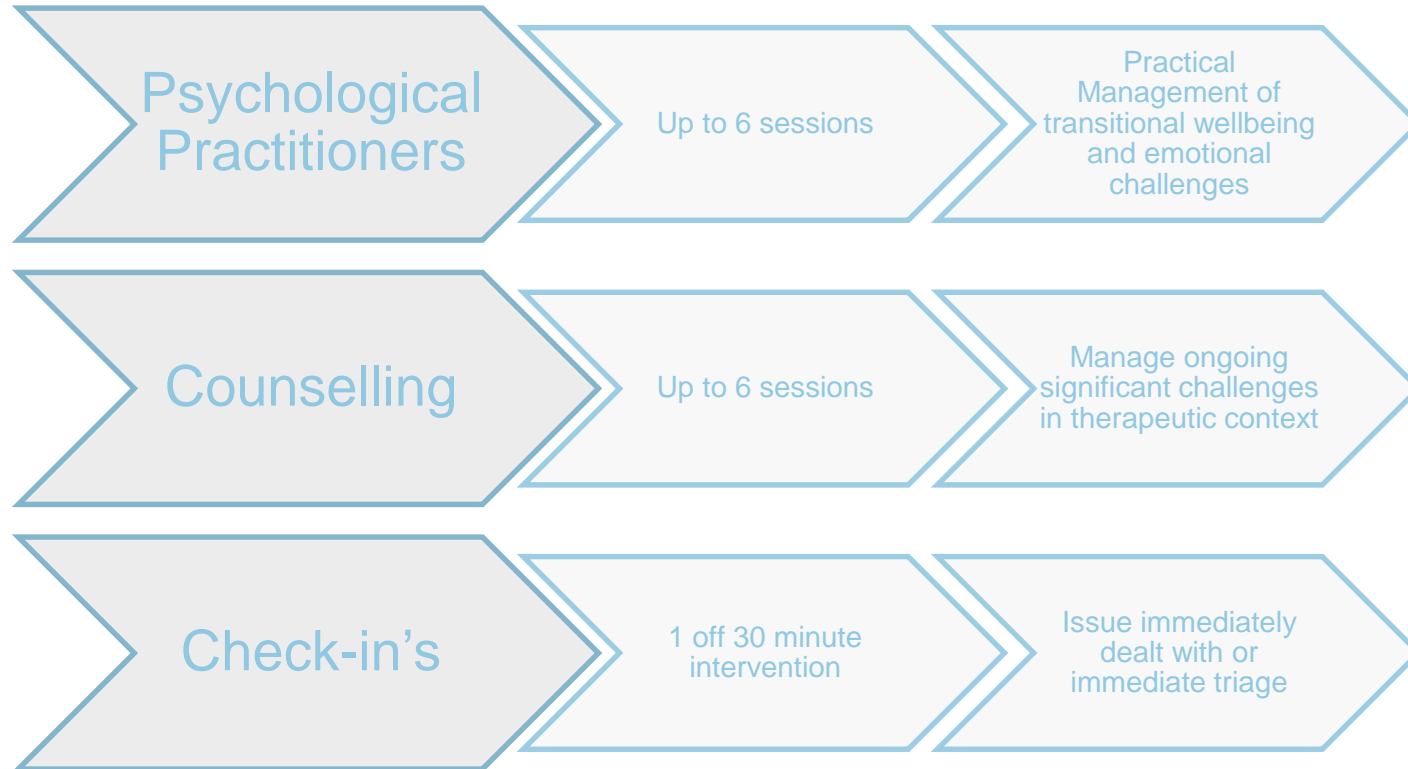
- ❑ Learning Support – students with Specific Learning Difficulties, e.g. dyslexia and dyspraxia
- ❑ Students with mental health conditions and autism spectrum conditions
- ❑ Disability Services – sensory, mobility, long term health conditions



[Click here for further information](#)



Mental Health & Wellbeing

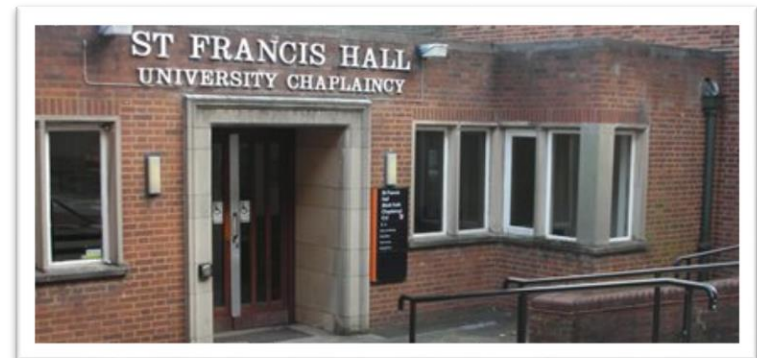
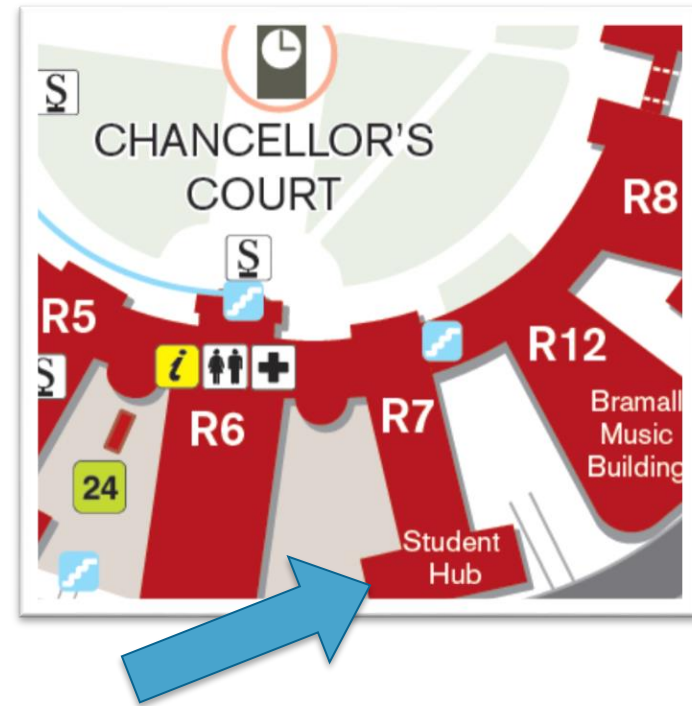


[Click here for further information](#)

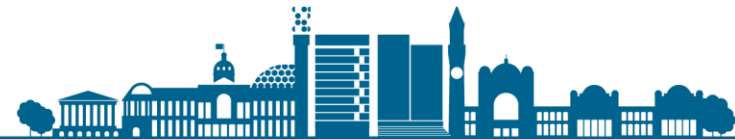


Where can you find us?

- 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.

Self help guides



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

Mental Health



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

Disability



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

Safety



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

Emergency/urgent support



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

Not sleeping well
Feeling lost and alone
Academic pressures
Homesick
Stress
Struggling with self-care
Missing your friends
Overwhelmed

Feeling anxious
Drinking heavily and using drugs
Never sleeping properly
Eating issues
Low mood
Low self-esteem
Uncomfortable in groups
Lack of motivation
Struggling to connect with others
Impossible standards

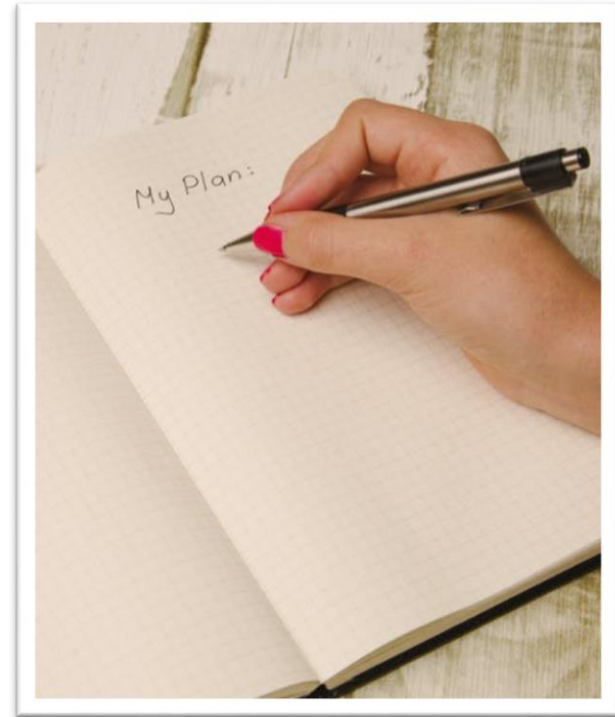
PTSD symptoms
Difficulty leaving the house
Self-harm
Often alone
Abuse
Suicidal thoughts
Grief
Health problems
Trauma
Constant anxiety
Feeling numb
Often awake at night

Thoughts of hurting others
Hurting yourself to cope
Always feeling threatened
Not attending University
Seeing things
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

