


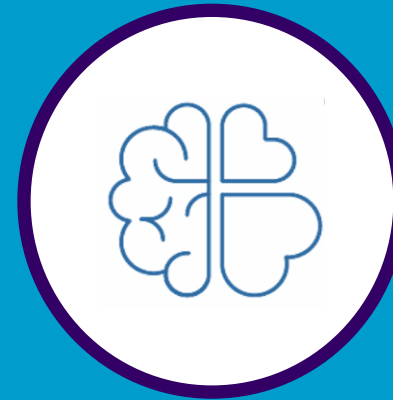

Student Wellbeing and Inclusivity

Mental Wellbeing Team





**Mental
Wellbeing Team
Useful Information for
Students**





How Do Students Access Mental Wellbeing Teams?

There is one simple route for students to gain access to the University's Mental Wellbeing Teams.

You do not need to assess which service you think is most appropriate, we will do that once we receive the self-referral.

The form can be accessed here:

<https://forms.office.com/Pages/ResponsePage.aspx?id=wE8mz7iun0SQVILORFQIS6Bji5Vezs9Coi32-3OHqYtUNlk3QjVYQjJHR1NZVTA1VVBIVEMyUVIYTi4u>

A range of self help information is also available, alongside Peer Support #Me and group programmes.

Sign up for #Me Peer Support during the first week of term.

<https://youtu.be/OShGRcK6Oa8>

#Me

Real Support for Real Emotions





Counselling

We offer an opportunity to talk and reflect with a professionally trained person who is outside your immediate situation. We are a well-established and experienced team of counsellors who are dedicated to short term counselling, for emotional or psychological problems that are affecting your studies or time at university.

<https://www.lboro.ac.uk/services/cds/wellbeing/counselling/>

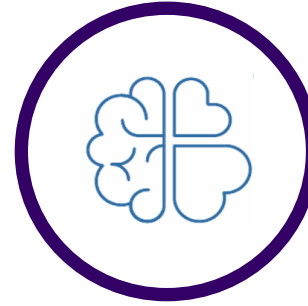


Wellbeing Advisers

Each Academic School at Loughborough has a Wellbeing Adviser who can offer advice and support to students on a wide range of wellbeing-related issues, such as:

- Stress
- Low mood
- Bereavement
- Family issues
- Relationship issues
- Feeling overwhelmed
- Transition to University

<https://www.lboro.ac.uk/services/cds/wellbeing/wellbeing-advisers/>



Mental Health Support Team

Mental Health Advisers provide practical support to students experiencing mental health difficulties and liaise with staff about appropriate practical or pastoral support.

This may include reasonable adjustments, practical advice and support relating to your studies and linked to your Disabled student allowance needs assessment.

Members of the Team are active participants in the University Mental Health Advisers Network (UMHAN) which aims to share good practice and influence developments across the sector.

<https://www.lboro.ac.uk/services/cds/wellbeing/mental-health/>
<https://www.gov.uk/disabled-students-allowances-dsas>



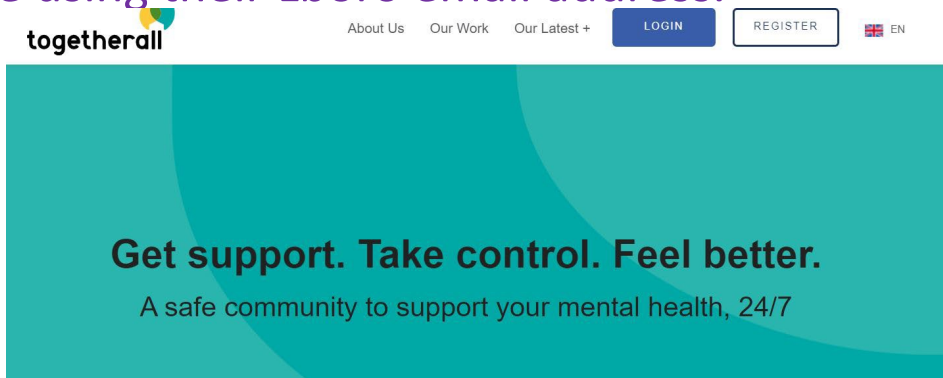


Not all students require face to face support. Building resilience and developing our own ways to self-manage difficulties and to problem solve is really empowering.

<https://www.lboro.ac.uk/services/student-services/support/healthandwellbeing/selfhelp/>

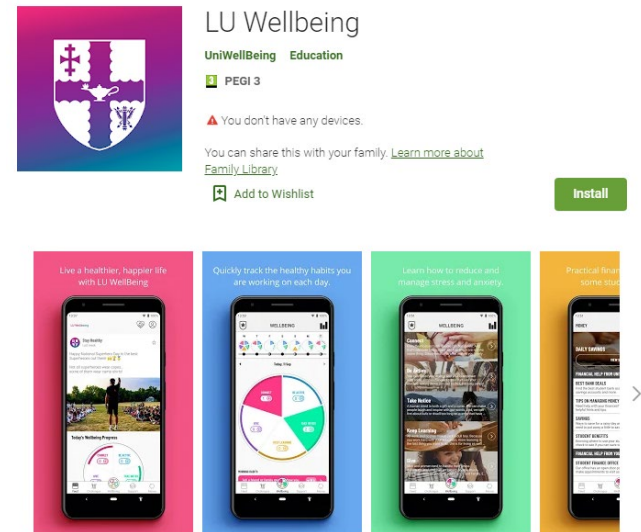
Togetherall

Commissioned by over 250 organisations globally, Togetherall is an online service providing access to millions with anxiety, depression and other common mental health issues. Students and staff of LU can access this platform for free using their Lboro email address.



LU Wellbeing

We recommend you download the LU Wellbeing app, which encourages a range of positive habits to maintain positive wellbeing.





Steps to Support

SELF CARE

UNIVERSITY WELFARE TEAM

GP PRACTICE

CENTRAL ACCESS POINT

999

Talk to friends, do activities, look after your physical health, utilise information available from reputable sources.

Your **Welfare and Wellbeing Teams** are on hand to support you, listen to you, and direct you to further help if needed.

Contact your **University GP Practice** to arrange to talk to a practitioner if you feel you need more support.

0808 800 3302 immediate 24-hour mental health advice and support.

Call **999** if your life is at risk

