



University of Essex

STUDENT WELLBEING AND INCLUSIVITY

Give

Connect

Be active

Keep learning

Take notice

Student support

The **Student Wellbeing and Inclusivity Service** exists to ensure students receive all the support they need to feel safe, happy and valued. We are committed to providing friendly and professional advice, guidance and information on a wide range of issues throughout your time at the University of Essex. We can help you with:

- Mental health support
- Referral to specialist services
- Disability support
- Cases of discrimination, harassment or assault

To speak to us about any concerns or queries you have, contact the Student Services Hub on 01206 874000 or you can attend our drop in sessions, from 9.30am to 4pm, Mondays – Fridays. We are located at the Student Support Desk, first floor of the Silberrad Student Centre.



Resources exclusive to University of Essex students

Student Wellbeing Support Line

Mental health professionals to assist you with personal matters, 24/7.

T 0800 970 5020

(outside UK +44 141 271 7168)

For online support join vClub at **validium.com**

Username: UniofEssex

Password: Wellbeingsupport

Health Centre

Phone or visit to arrange an appointment. Situated behind Rayleigh Tower on the North side of campus.

Open Mon to Fri 9am to 12.30pm and 1.30pm - 4.30pm

T 01206 794484

E hcentre@essex.ac.uk

The Faith Centre

Pastoral care, a confidential listening ear and spiritual support, no matter whether you're religious or not. Find them at the Faith Centre at Colchester campus room 3.311.

T 01206 873952

E faith@essex.ac.uk

Essex Nightline

Confidential listening and out of hours support run by students for students. Open every night during term time, 10pm to 8am on the ground floor of Keynes tower (North Towers).

T 01206 872020/872022

or freephone on 0800 326 5454

E nl@essex.ac.uk (General Info)

essexnightline.org.uk (e-listening)

Chat with Charlie

An online mental health support service. The service is available to access free of charge, 7 days per week between 6pm to 10pm.
mnessexmind.org/chat-with-charlie

Residence Life

An accommodation-based service designed to provide out of hours support to students living on campus.

T 01206 874300 Quays and Maltings

T 01206 874200 Meadows

T 01206 874500 Copse

T 01206 874400 Houses and North Towers

T 01206 874202 South Towers

T 01206 874600 South Courts

RAs are on call 5pm to 9am weekdays, 24 hours weekends and holidays.

E reslife@essex.ac.uk

SU Advice

Free, confidential and impartial advice on many issues that you may face with your studies or life at university. Find them on Square 3 Mon to Fri, 10am to 4pm (term time) and 1pm to 4pm (vacation time).

E suadvice@essex.ac.uk

essex.su/advice

Security

In case of an emergency call security staff. Located Square 3 in the information centre

T 2222 from a campus telephone

T 01206 872222 from a mobile

T 07460 373172 Quays, Meadows and Copse

Report and Support

The University has a zero tolerance approach to sexual violence, harassment and hate crime. All staff, students and visitors to our campus can report something anonymously or get support from an adviser.

reportandsupport.essex.ac.uk

SilverCloud

Secure, immediate access to online CBT (cognitive behavioural therapy) programmes, tailored to your specific needs.

essex.silvercloudhealth.com/signup

5 WAYS TO WELLBEING

Evidence suggests there are 5 steps we can all take to improve our mental wellbeing.

Why not give these a try:

GIVE

Do something nice for a friend or a stranger. Show gratitude, volunteer your time. Seeing yourself and your happiness linked with the wider community can be incredibly rewarding and improves connections with those around you. The VTeam have lots of local volunteering opportunities that students can get involved in. Visit [**essexstudent.org/volunteering**](https://essexstudent.org/volunteering) to find out more.

CONNECT

Connect with the people around you, meet new friends! Building connections can support and enrich you. Be brave enough to chat with someone outside your lecture hall. Art Exchange host a range of art classes and creative sessions for free! More info can be found on their website [**artexchange.org.uk**](https://artexchange.org.uk). You could also join a society. There's one for every hobby/interest - Visit [**essexstudent.org/societies**](https://essexstudent.org/societies) to find one for you.

BE ACTIVE

Go for a walk or a run. Step outside, cycle, play a game or dance. Discover a physical activity that you enjoy doing and do it! Exercise and good wellbeing are positively correlated. It doesn't have to be intense, you can have fun while being active! There are a wide range of activities at Essex Sport. Just Play and Essex Sport have also partnered to offer students low commitment, fun drop-in sessions for most sports.

KEEP LEARNING

Try something new, rediscover an old interest. Set challenges you will enjoy achieving. Learning new things broaden your horizons and increase your confidence. Did you know our award-winning Languages for All programme gives Essex students the opportunity to learn a language alongside their degree, at no extra cost, for one year. Email [**lfaadmin@essex.ac.uk**](mailto:lfaadmin@essex.ac.uk) to find out more!

TAKE NOTICE

Take time out to notice yourself and your surroundings.

How are you feeling? Take time to live in the moment and observe your thoughts and feelings. It can decrease stress. There's always lots to do on campus, take notice of what's going on at the Lakeside Theatre, the SU and more. Why not take a walk around the lake?