



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 0208 418 7373. Our Student Services drop in sessions are during breaks, lunch and after school - 10.50-11.10, 13.10-14.10, 15.50-16.10, 18.00-19.00, Monday's to Friday's. If you require a specific appointment time please email askthehub-lc@essex.ac.uk. We are located on the ground floor of Hatfields House.

Resources available 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

Essex Nightline

Confidential listening and out of hours support run by students for students. Available every night during term time
22.00 to 08.00.

T 01206 872020/872022

or freephone on 0800 326 5454

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

Term time only **essexnightline.org.uk**

(e-listening)

NHS North Essex Crisis Line

If you, a family member or friend, are in crisis and need help you can phone:

T 0330 726 0110

Samaritans

24/7 listening service. A safe place for you to talk any time you like, in your own way - about whatever is getting to you.

You don't have to be suicidal.

T 116 123

Chat with Charlie

An online mental health support service.

The service is available to access free of charge, 7 days per week between 18.00 to 22.00.

mnessexmind.org/chat-with-charlie

SilverCloud

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

essex.silvercloudhealth.com/signup

SU Advice

Contact SU Advice via email at suaclou@essex.ac.uk to arrange an appointment (either in person/via telephone/Skype). Dates of the SU Advice Loughton Clinics and online appointment booking facilities will be advertised on **essexstudent.com/loughton/suadvice**

In case of an emergency

Telephone 999 and state which service you require; ambulance, fire or police.

Security contact numbers as follows:

If you are required to contact the Day Shift officer based at Roding House between 07.30-19.00 (or 21.00 when open for evening use) call 07920 822101

If you are required to contact the Late Shift officer based at Hatfields House between 15.45-00.00 call 07795 128076

If you are required to contact the Night Shift officer based at Hatfields House between 21.30-07.00 you can also call 07920 822101

Do you have a concern for another student?

You can report this, go to **essex.ac.uk/students** and click "get help and support" from the menu on the left of the page.

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

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.

CONNECT

Connect with the people around you, meet new friends! Building connections can support and enrich you. You could also join a society.

Visit 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! Just Play offers 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 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.