



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:

- Wellbeing and 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 01702 328444 or you can attend our drop in sessions from 11am until 2pm, Mondays-Fridays. We are located in the Student Services Hub, 2nd floor of The Forum. For out of hours support, contact Nightline on 0800 326 5454 or, if you live on campus contact University Square or Residence Life on 07920 821678.

# 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

## Residence Life

An accommodation based service designed to provide support to students living on campus.

For General Enquiries (9am – 5pm, Mon – Fri) contact:

**E** reslifeunisq@essex.ac.uk

**T** 01702 328252

For the out-of-hours RA service:

Contact by going to University Square Reception or call 07920 821678

Open: Mon - Fri, 6.30pm – 9am

Weekends and Bank Holidays: 24 hours

## The Faith Centre at Southend campus

Pastoral care, a confidential listening ear and spiritual support, no matter whether you're religious or not.

**E** uoeschap@essex.ac.uk

## Chat with Charlie

An online mental health support service, open to University of Essex students. The service is available to access free of charge, 7 days per week between 6pm – 10pm.

**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**

## Essex Nightline

Confidential listening and out of hours support run by students for students. Available every night during term time 10pm to 8am.

**T** 0800 326 5454

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

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

**(e-listening)**

## SU Advice

Free, confidential and impartial advice on many issues that you may face with your studies or life at university. Open during term-time only on Tuesdays and Thursdays - 10am to 4pm in the SU Advice office above the SU Lounge and every second Saturday - 10am to 2pm in the SU Office in the Forum Building (floor 2).

**E** suacsou@essex.ac.uk

**essexstudent.com/southend/advice**

## Security

In case of an emergency:

**1** Call Security on:

Gateway building –

**T** 01702 328208 or 07920 822061

The Forum –

**T** 01702 328508

University Square reception (Accommodation) –

**T** 01702 328408 or 07920 821678

**2** Ask for the required emergency service - first aid, ambulance, fire service or police and give your location. In the event of sudden illness or collapse, call 999 directly. Then call Security using the details above and tell them to expect the arrival of the emergency services

## 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. The VTeam have lots of local volunteering opportunities for students to get involved with inspiring volunteering projects.. Visit [essexstudent.org/southend/volunteering](https://essexstudent.org/southend/volunteering) to get involved.

## CONNECT

Connect with the people around you, meet new friends! Building connections can support and enrich you. Be brave enough to chat to someone waiting outside your lecture hall with you or engage with your RA and their events. Join a Just Start group! Just Start groups are a great way to meet like minded people who want to pursue the same activity. Unlike traditional societies, Just Start groups are free to setup and join. Visit [essexstudent.com/southend/societies](https://essexstudent.com/southend/societies) to find out more.

## BE ACTIVE

Exercise and good wellbeing are positively correlated. Take a nice walk along Southend Pier. It doesn't have to be intense, you can have fun while being active! Did you know you can hire a bike for free? Hire for a few hours or up to 7 days! Download the form at [essexstudent.com/southend/bikehire](https://essexstudent.com/southend/bikehire). Also, Just Play is a free social sport programme, choose which sessions you attend with no commitment or fuss! Visit [essexstudent.com/southend/sport/justplay](https://essexstudent.com/southend/sport/justplay) to see what's on.

## 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. What's going on around you? Why not visit Clifftown Theatre. It has an eclectic programme of events from professional touring company productions to conferences, dance performances, live music events, gallery exhibitions, stand-up comedy nights and of course East 15 productions, as well as many more.