



# Supporting you during your studies

Ronnie Millar, Director of Counselling Services



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# Key messages

## We all have mental health and wellbeing

- This can fluctuate- good days and bad days
- Some people may develop mental disorders/ mental illness (e.g. eating disorder, depression)
- or poor mental health (e.g. bereavement)
- There are specialist, higher intensity services in place for these people (within University, and also NHS)
- **We can all experience mental distress-** anxiety, nervousness, sadness, fear, confusion- this is part of daily life
- We also have great lower intensity resources and services in place within the University to provide support
- **Key message for all students:** come forward and speak with us at as early a point as possible (we are not the NHS, but we can help)



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# University: highs and lows

- Amazing opportunities and experiences
- ***BUT it can be tough too at times! And we can help you.***
- Many different pressures
- Moving away from home
- Impact of pandemic
- Academic and financial pressures
- Isolation and loneliness
- Growing up in a culture of competition
- Perfectionism, fear of failure, imposter syndrome



1 in 4 people every  
year are affected by  
mental ill health



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# How we can help

- Residence Life
- Chaplaincy
- Student Counselling Service
- Disability & Learning Support Service
- Student Wellbeing Service
- **NHS- Primary Care- GP-  
make sure you have  
registered!**



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# How we can help

- Supervisors (for PGR)
- Student Advisers (for UG and PGT)
- Wellbeing Advisers
- Building community within Programmes/ Deaneries/ Schools- “A Sense of Belonging”
- Self-management resources online:
  - Feeling Good app & Togetherall
  - SilverCloud- on-line cognitive behavioural therapy
- Students’ Association: Advice Place, student societies, peer support
- Sport & Exercise/ Sports Union: Pleasance Gym & other sports/ wellbeing resources (Active Lives)



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# Residence Life

- Pastoral support for 12,000+ residents
- Community building
- Residence Life Coordinators, Wardens and Residence Assistants
- Mental Health Support Workers
- Programmes promoting good mental health and wellbeing
- A mixed model of social interaction
- Sense of belonging and community at UoE



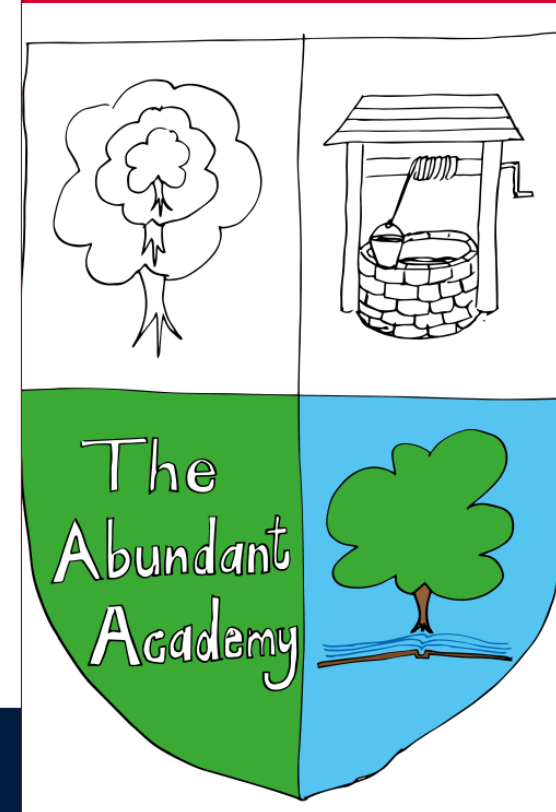
**RESLIFE**  
SUPPORTING STUDENTS  
IN RESIDENCE



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# Chaplaincy

- Confidential, safe support for staff and students
- Pastoral support
- For people of 'All faiths and none'
- Listening service
- Mindfulness training and practice sessions
- Facilitated conversations on e.g. loneliness, solitude and companionship
- Prayer spaces
- The '**Abundant Academy**' to help us through not only the pandemic, but the cultural epidemic of overwhelm.
- Email [chaplaincy@ed.ac.uk](mailto:chaplaincy@ed.ac.uk) for information



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# Disability & Learning Support Service

- Access and inclusion- protected characteristics (Equality Act 2010)
- Disability Advisers
- Specialist tutors/ mentors (Mental Health, SpLD, Asperger's and Autism)
- Proof-readers, library assistants, scribes
- Assistive technology and software
- Learning adjustments:
- Late submission for some assessments
- No penalty for absence due to illness/disability
- 25% extra time in written exams

[www.ed.ac.uk/student-disability-service](http://www.ed.ac.uk/student-disability-service)



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# Student Counselling Service

- Confidential, brief therapy
- Counselling sessions are available face to face, by video (MS Teams), by telephone or by email, depending on a student's needs
- Work across fourrrr campus locations
- Evening appointments available during semester times
- Skills for Life and Living – online workshops
- Therapet activities pre-exam times
- <https://www.ed.ac.uk/student-counselling>



A recognised  
quality standard  
for organisations  
providing  
counselling and  
psychotherapy



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# Student Wellbeing Service

- Students can self-refer or be referred by their School/Deanery
- Meetings are available face to face, by video (MS Teams), by telephone or by email, depending on a student's needs
- Work across five campus locations
- Short term interventions and support
- Proactive work within academic areas
- <https://www.ed.ac.uk/student-wellbeing-service>



Health and  
wellbeing



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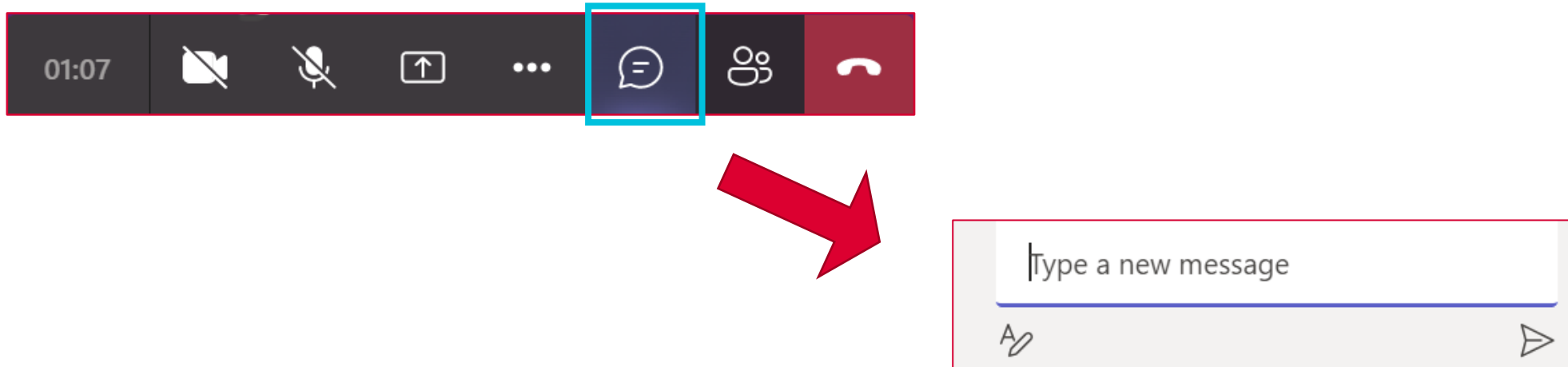
# Frequently asked questions

- Information for students who are [parents](#)
- NHS and GP ([doctors services](#)) in Edinburgh
- Bringing [medicine](#) into the UK
- Your questions!



# Asking questions (Microsoft Teams)

- If you have a question, please type it into the Chat Area.





# Contact details for follow-up questions

If you have further questions about the programme, please contact:

[futurestudent@ed.ac.uk](mailto:futurestudent@ed.ac.uk)



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**Open to**  
the world