



Mental health and wellbeing support during your studies

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Disability and Learning Support Service



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University: highs and lows

- Amazing opportunities and experiences
- ***BUT it can be tough too at times!***
- Many different pressures:
 - Relocating
 - Academic and financial pressures
 - Isolation and loneliness
 - Growing up in a culture of competition
 - Perfectionism, fear of failure, imposter syndrome
- ***We can help you***



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



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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 quality 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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How we can help

- Student Wellbeing Service
- Chaplaincy
- Student Counselling Service
- Disability & Learning Support Service
- **Local Health Care Services!**



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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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Student Wellbeing Service

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



Health and
wellbeing



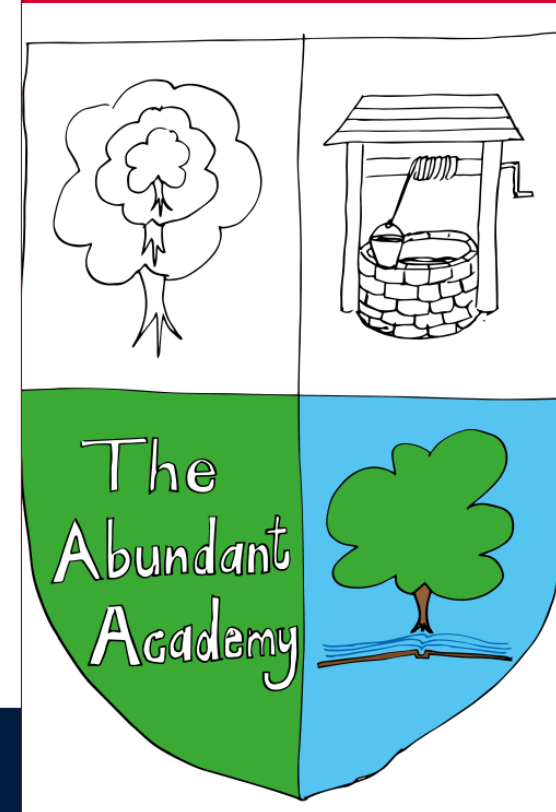
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Chaplaincy - chaplaincy.ed.ac.uk

- Confidential, safe support for staff and students
- Pastoral support
- For people of 'All faiths and none'
- Listening service (24 hours a day/ 365 days a year)
- 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 for information



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Disability & Learning Support Service

- Access and inclusion- protected characteristics (Equality Act 2010)
- Appointments available in-person and online
- Disability Advisors and Officers
- Specialist staff (Mental Health Mentors, SpLD Tutors, Autism Mentors, Proof-readers, library assistants)
- Assistive technology and software
- Learning adjustments e.g.:
 - Extra time for coursework and exams
 - Flexibility with tutorial attendance
 - Access to additional guidance from your School

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 five campus locations
- Evening appointments available during semester times
- [Skills for Life and Learning](#) – online workshops
- Therapet activities pre-exam times
- <https://www.ed.ac.uk/student-counselling>



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A recognised
quality standard
for organisations
providing
counselling and
psychotherapy

Links to resources

[The Wellbeing Thesis](#)

An online resource for postgraduate research students to support your wellbeing, learning and research.

[Feeling Good App](#) for increasing wellbeing and recovery from stress, worry and low mood.

[SilverCloud](#) online cognitive behavioural therapy.

[Togetherall](#) online peer support platform.



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Your questions



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Open to
the world