Wellbeing, Welfare and Support

Centre for Interdisciplinary Methodologies

2026-27

Dignity at Warwick

All staff and students must:

- behave in a way that respects the rights and dignity of others
- treat others fairly
- display courtesy and good manners in every interaction appreciating that individuals have different styles and expectations
- value differences in others and the contribution they make
- work and study within the University on a co-operative basis
- demonstrate a commitment to upholding the University's stance on Equality, Diversity and Inclusion

- Moodle course on *Warwick Values*: https://moodle.warwick.ac.uk/course/view.php?id=38595



Wellbeing

1 in 4 students have mental health problems (Smith, 2016)

Pressure to succeed; peer pressure; financial difficulties; learning differences; cultural alienation; isolation; homesickness; illness; disability; bullying

Eating disorders; addiction; compulsive behaviour; poor self-esteem; stress; exhaustion; fear; loneliness; anxiety; depression

These problems can cause some students to…

- Struggle with motivation, time-management, anxiety, sleeplessness…
- Over-compensate and then get exhausted…
- Disengage and become overwhelmed…



How to get in touch Wellbeing & Student Support

- Summary of services: https://warwick.ac.uk/services/wss/
- Self-help resources, email therapy, therapy groups, Masterclasses, Skills Sessions, specialist disability support - accessed via the Wellbeing website
- Access 1:1 support via the Wellbeing portal (virtual queue) Brief consultations - Monday to Friday 10am-3pm
- Contact 024 7657 5570 during normal office hours Monday to Friday 8.30am-5pm (Friday until 4pm)
- Welcome & transition/settling in guidance: Managing Change and Help for New International Student videos

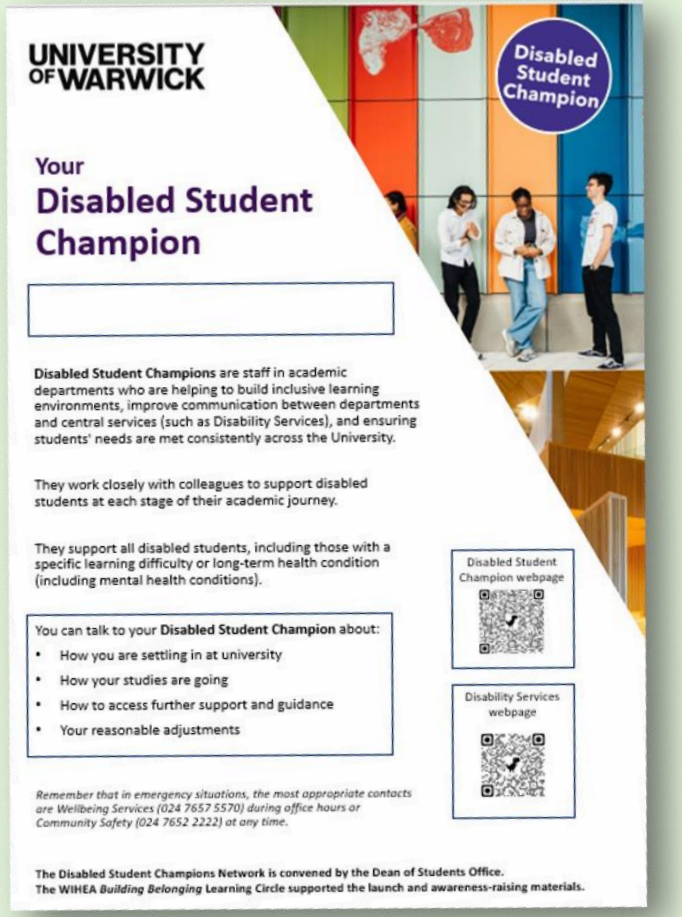
Disability Services

https://warwick.ac.uk/services/wss/students/disability/

- Provides support to students with all types of disability: physical disabilities (including sensory impairments), specific learning differences (eg dyslexia), mental health and autism spectrum conditions.
- Can advise on financial support available (e.g. Disability Student Allowance), campus accessibility, assistive technology, access to learning and much more…
- Issue Reasonable Adjustments statements for students with long-term/chronic problems which have a detrimental impact on students' studies (more to follow…)

CIM Disability Student Champion

- Will advocate for students in terms of helping build inclusive learning environments, improve communication between CIM and central services (e.g. Disability Services), and ensuring students' needs are met consistently across the University
- Will work closely with colleagues to support disabled students at all stages of their academic journey
- Will support students to get their RAs enacted
- You can talk to the DSC about: how you are settling in at University, how your studies are going, how to access further support and guidance, your reasonable adjustments



Personal tutors

- A member of CIM academic staff who is your first point of contact for any academic or personal issues or questions
- You meet with them at least once a term – first meeting will be next week
- They will be able to direct you to support services available in CIM and the University
- Things you might to discuss with your tutor:
  - General concerns about your academic progress
  - Study skills and how to develop them
  - Any personal problems which are having a negative effect on your studies
- Guidance on how to get the best from your relationship with your Personal Tutor.

To sum up… Be in communication with your personal tutor – they are there to support you!

Self-Help Resources -

https://warwick.ac.uk/services/wss/topics/

academic issues addiction alcohol anger management anxiety assertiveness bereavement bullying coming out confidence conflict coronavirus covid-19 culture shock depression drinking dyslexia eating disorder emotional and health issues	emotional self-assessment gambling grief happiness healthy eating homesickness illegal drugs impostor syndrome international students keeping well legal highs LGBTQ+ library self-help information loneliness loss low mood managing conflict mature students Meningitis mental health	Mindfulness motivation nightmares obsessive compulsive disorder OCD online self-help resources other sources of support panic attacks personal safety porn addiction Pregnancy procrastination relationship breakdown relationships relaxation resilience self-esteem sexual consent and healthy relationships sexual violence	sexuality single parent sleep social anxiety stress study drugs studying abroad suicidal intention suicidal thoughts time management transgender trauma Types of therapy university life violence and crime wellbeing self-assessment wellbeing videos work-life balance worry writers block

Peer-to-Peer Workshops

Designed to help students help one another

- Learn about strategies you can use to show your friend that you are there, you care and are listening to them
- Reassure fellow students that have someone to support them and help them identify what they want and need to do
- Know where to go to get any further help or support



Report + Support

Report Anonymously or via Advisor

Report incidents of:

- Sexual Misconduct
- Discrimination
- Bullying & Harassment
- Hate Incidents & Hate Crime
- Relationship Abuse

Report + Support

Everyone at the University of Warwick, whether studying, working, or visiting, has the right to feel safe. Harassment of any kind is completely unacceptable, and our community is an environment where prejudice and socially unacceptable behaviour are never tolerated.

In an Emergency **On Campus**…

Community Safety Team (first aid response, including mental health first aid)	024 7652 2083 (non-emergency, 24hrs) 024 7652 2222 (emergency, 24hrs)
Warwick Health Centre (for an urgent doctor's appointment)	024 7771 0998 (ring at 8am for same day appointment, subject to availability)
Residential Community Team (if you live on campus)	Administrative Office: Red Square, Rootes on the main campus (behind the Students' Union building) Open: Monday - Friday 9.00 am to 11.00 pm and Saturday - Sunday 2.30 pm to 11.00 pm (excluding public holidays)

In an Emergency **Off Campus & in UK**

https://warwick.ac.uk/services/wss/students/emergency_contacts



Togetherall (24/7 online and anonymous support for mental health)	Sign up with your Warwick email address
NHS Mental Health Services including the Crisis Team (Central Booking Service)	0300 200 0011 (24hrs)
Accident and Emergency (UHCW)	University Hospital, Coventry
City of Coventry NHS Healthcare Centre	0300 200 0060 (daily, 8am - 10pm)
Mental Health Matters	0800 616 171 (24hrs) 0300 330 5487 (from mobile, 24hrs)
NHS 111	111 (24hrs)
Dear Life	Coventry and Warwickshire Suicide Prevention Microsite
Papyrus (young suicide prevention society)	0800 068 4141 (Mon - Fri, 10am - 5pm & 7pm - 10pm. Weekends 2pm - 5pm)
Samaritans	116 123 (24hrs)
SANE	0300 304 7000 (daily, 4.30pm - 10.30pm)
Coventry Safe Haven	Mon - Wed 6pm - 11pm

Mitigation (different ways to help you) Student FAQs



Mitigating Circumstances

Student Guidance

Full Policy: procedure, evidence requirements

Unexpected, **acute** problems which have a negative effect on your studies. Can be a sudden flare-up/deterioration of a chronic or permanent problem, but not the problem itself (see Reasonable Adjustments).

Include serious **short-term** illness, loss of someone close to your (family member, friend), financial problems, serious personal problems (including trauma). See University regulations full details: https://warwick.ac.uk/services/aro/dar/quality/categories/examinations/policies/u_mitigatingcircumstances/mitigatingcircumstancespolicy/

Students strongly encouraged to discuss them with their tutor **as soon as they arise**, so that support can be put in place. They can also bring them to the attention of the Senior Tutor.

Given personal nature of some problems, we understand disclosure maybe difficult for some students. but it may mean that we are able offer them an extra attempt at an assignment, waive late penalties, or help them in other ways.

Mitigating Circumstances

Process & Evidence

If students want them to be considered by the CIM Mitigating Circumstances Panel, they should upload a declaration via Tabula at https://tabula.warwick.ac.uk/profiles/view/me/personalcircs

Deadlines: by dates confirmed for consideration at the June & November Exam Boards or within 20 days of submitting work for affected assignments (whichever is sooner).

Independent evidence will be required – doesn't need to be provided with original submission. Evidence must relate to the period in question – be 'timely'. Official (certified) translations required if evidence not in English.

Sources include: Wellbeing Services, including Report & Support and University Counselling Service; medical notes; personal tutor testimony; Students' Union Advice Centre

Students able to indicate where circumstances are especially sensitive/highly confidential. Have the option to disclose evidence to Personal Tutor in person rather than upload to portal. Statement/testimony from personal tutor also constitutes evidence.

Further information in PGT Handbook



Reasonable Adjustments

If you have a **long-term/ongoing** condition, you are encouraged to register with Disability Services and meet with a Disability Adviser

Examples: sensory deficit, physical disability, mental health condition, specific learning difference

For full details see: Reasonable Adjustments (warwick.ac.uk)

Adjustments are considered on an individual basis and considered in the context of the impact of a disability or learning difference, University policies and the Equality Act (2010).

Recommendations are evidence-based; students may be required to supply appropriate and recent medical evidence, or, in the case of a learning difference such as dyslexia or dyspraxia, a diagnostic assessment completed by an Educational Psychologist or assessor with a suitable practising certificate.

Once a student has met with Disability Services, the adviser will contact the student's department (with their permission) to recommend any specific adjustments.

Although adjustments vary, it is common for recommendations to be made relating to coursework deadlines, marking or access to lecture/seminar materials.

SSLC – Student-Staff Liaison Committee

- Each course has at least two representatives (reps) who sit on this committee; supported by Students' Union (training available.)
- Important committee to give formal feedback on your course (via the reps) and make a real difference
- Need volunteers to act as representatives for each Masters Course, as well as an elected Chair and Secretary.
- Tim Monteath, the Director of Student Experience will be in touch shortly regarding arrangements for this year's CIM SSLC
- Meetings twice per term; chaired by one elected representative. All students can propose items for discussion.
- Reports are delivered by SSLC Chair and Secretary to CIM Education Committee. Course reps are welcome to attend.
- SSLC annual report considered at Faculty and University level

Staff Hours

All CIM teaching staff offer virtual (via Teams) and in-person **‘office hours’**

See CIM Masters Portal from next week for details

Via Microsoft Teams **without an appointment**.

Good etiquette: message them via Teams before calling - ‘like a knock on the door’

Finally… If in doubt…

Contact your Personal Tutor!