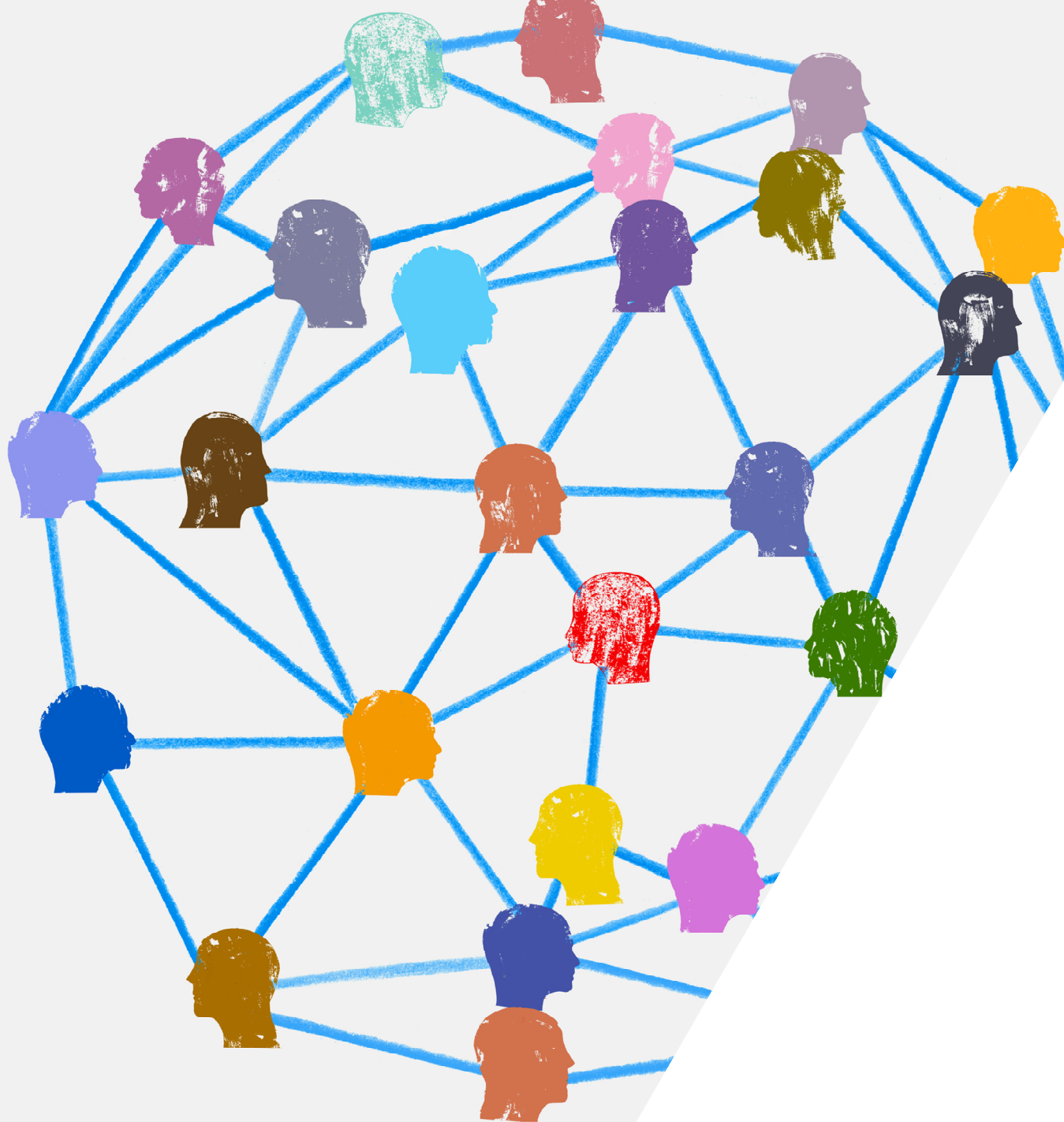




WELLBEING & STUDENT SUPPORT

Services and resources available to you





WHO WE ARE

Wellbeing & Student Support

Our Teams



Wellbeing Support Team

Wellbeing Advisers
Mental Health Nurses
Sexual & Domestic Abuse Advisers



Counselling & Psychotherapy Services

Psychological Therapists



Disability Services

Disability Advisers
Mental Health Mentors
Specialist Study Support Tutors

WHAT WE DO

What's On

Keep an eye on our website for more

Tuesdays

ADHD Peer Group

This is a peer support group for students who have a diagnosis of ADHD or are waiting to be assessed. The intention is to provide information and support and have an element of peer support.

The aims of the group are:

- Provide a space where ADHD can be discussed with others who might be experiencing similar symptoms
- Provide psycho-education around the diagnosis process; what to expect, how it works, possible time scales.
- Provide a space to share information about coping strategies to tackle some of the challenges that students might face with regard to this neurodiversity.
- Provide a supportive environment for those who are going through the process or are considering it.

Logistics

We meet weekly in term time, Tuesday 4-5pm starting week 1, Term 1. We meet in reception of Wellbeing Support, ground floor of Senate House. Attendance is on a drop in basis, no need to book.

We look forward to seeing you.

Wednesdays

Wellbeing Run

This 5K route takes in the lakes and is for **ALL** running abilities. The run goes ahead in all weathers and is on paths so no mud worries!

We meet every **Wednesday** at the White Koan sculpture outside Warwick Arts Centre. Finishes at the Sports & Wellness Hub. **8am – 8.45am**.

Scan the QR code below to download our [UoW Sport app](#) and secure your Wednesday slot:



Allotment Group

The Allotment Society meet **Wednesdays 2-4pm** (term time) and tend the student allotments on campus, engaging in a range of horticulture and social activities.

Wellbeing Advisers from Wellbeing and Student Support are present during the session and can help any students who may want support to attend by meeting at Senate House and walking down together.

Wellbeing Support Team

Wellbeing Advisers, Mental Health Nurses, Sexual & Domestic Abuse Advisers

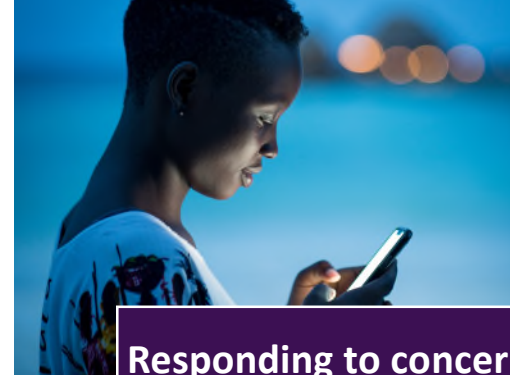
The WST provides practical advice & emotional support through:



Brief Consultations



1:1 Appointments



Responding to concerns



Group & Interest Sessions



Outreach in Departments

Brief consultations

Mon-Fri, 10am-3pm, face to face or online

- Often the first point of contact with Wellbeing.
- A confidential conversation with a wellbeing professional.
- An initial conversation to talk through what it is you are looking for support with, and to explore your support options.
- Next steps depend on individual needs and circumstances.



Wider support at Warwick



Counselling & Psychotherapy Services

CAPS

Help for a range of personal, psychological and emotional issues from a team of qualified, professional Counsellors and Psychologists.

The aim of therapy is to support you to thrive and help you understand how you can make some positive changes.

Ways to engage include:

- Face to face therapy
- Video therapy
- Email therapy (self-referral available)
- Group therapy



Therapy Groups

Available through CAPS

Therapy Groups available in 2024-2025:

- [Compassion-Focused Therapy \(CFT\) for Perfectionism Groups](#)
 - 8 week programme
 - Groups starting in Terms 1 & 3
- [Interpersonal Relations Groups](#)
 - 10 week programme
 - Groups starting in Terms 1 & 2
- [Self and Trauma](#)
 - 8 week programme
 - Groups starting in Terms 1 & 3



Disability Services

Support available from application to graduation

- Guidance, support and advice to disabled students
- Transition programme offered to autistic students
- Supporting with accommodation requirements
- Putting in place reasonable adjustments, including exam arrangements, informed by supporting evidence
- Advice about the Disabled Student Allowances and other available funding
- Specialist study skills support, specialist (AS and MH) mentoring and other enabling support
- Initial screenings for Dyslexia, Dyspraxia, ADHD, ADD and Autism
- Advice on assistive technology and productivity tools

To access support, submit a query directly to Disability Support on the

[Wellbeing Portal](#)



What is a 'disability'?

Equality Act

You're disabled under the Equality Act 2010 if you have a physical or mental impairment that has a 'substantial' and 'long-term' negative effect on your ability to do normal daily activities.

Neurodevelopmental, Social, Communication differences, Autism Spectrum, Asperger's

Blind or a serious visual condition uncorrected by glasses

D/deaf, other hearing issues or conditions

A long-standing physical illness or health condition (such as ME/chronic fatigue, epilepsy, diabetes, digestive conditions, or HIV)

A mental health condition, such as depression, anxiety, OCD, or schizophrenia

Neurodiverse, specific learning differences (such as dyslexia, dyspraxia, or ADHD)

A physical or mobility issue, use of mobility aids or difficulty using arms

A disability or medical condition that is not listed above, such as speech difficulties/stammer



Confidentiality

HOW TO GET IN TOUCH





Getting in touch

Brief consultations available every working day from 10am-3pm to identify the correct support for you.



📞 **024 7657 5570**

🖱️ **wellbeing.warwick.ac.uk**

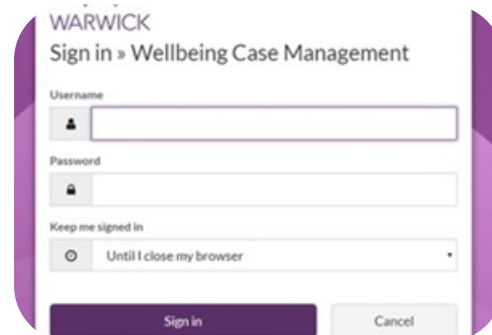
📍 **Senate House (ground floor)**

Using the Wellbeing Portal

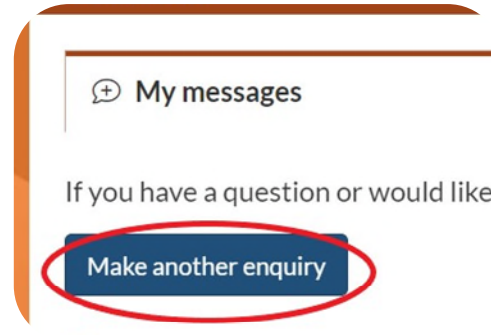
How to join the queue for a brief consultation



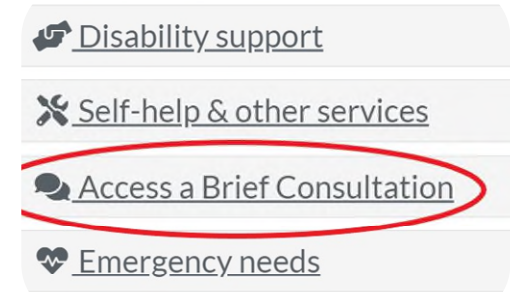
wellbeing.warwick.ac.uk



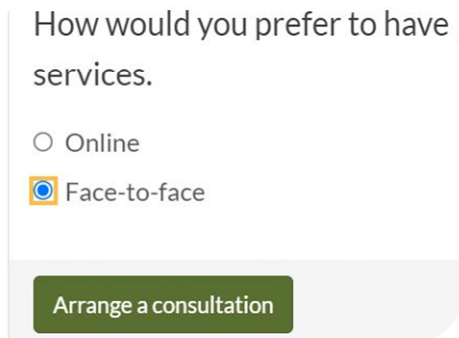
Log in using Warwick ID



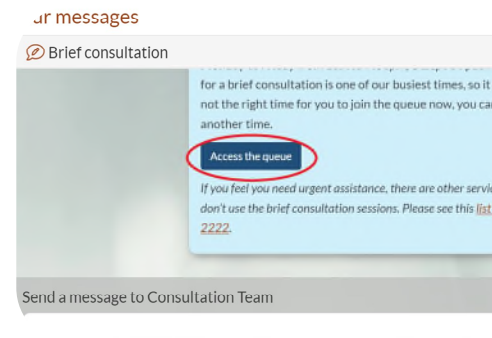
Make an enquiry



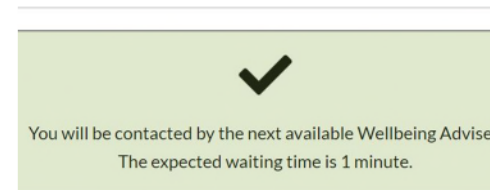
Access a brief consultation



Select online (Teams) or face-to-face (Senate House)



Read the info and click 'Access the queue'



Wait times vary. Often 20-30 min, can be longer.



Receive guidance about the most appropriate form of support & next steps.



WHEN TO SEE US

Common signs of wellbeing declining



Becoming more irritable, easily angered or upset.



Increased risk-taking and aggression.



Changes in concentration, motivation, or confidence.



Changes in appetite.



Changes in sleep patterns.



Low energy or chronic fatigue.



Loss of interest or pleasure in fun activities.



Low mood, feeling of numbness or apathy



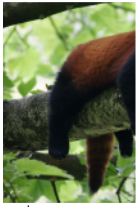
Overwhelming sense of impending danger, panic, or doom.



Increased alcohol or drug use.

Top wellbeing tips

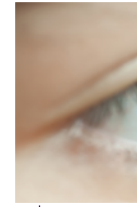
There are things you can do to improve your own wellbeing, but remember support is available!



Regular sleep



Time to relax



Reflect



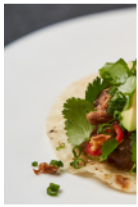
Physical activity



Connect



Express



Food &
hydration



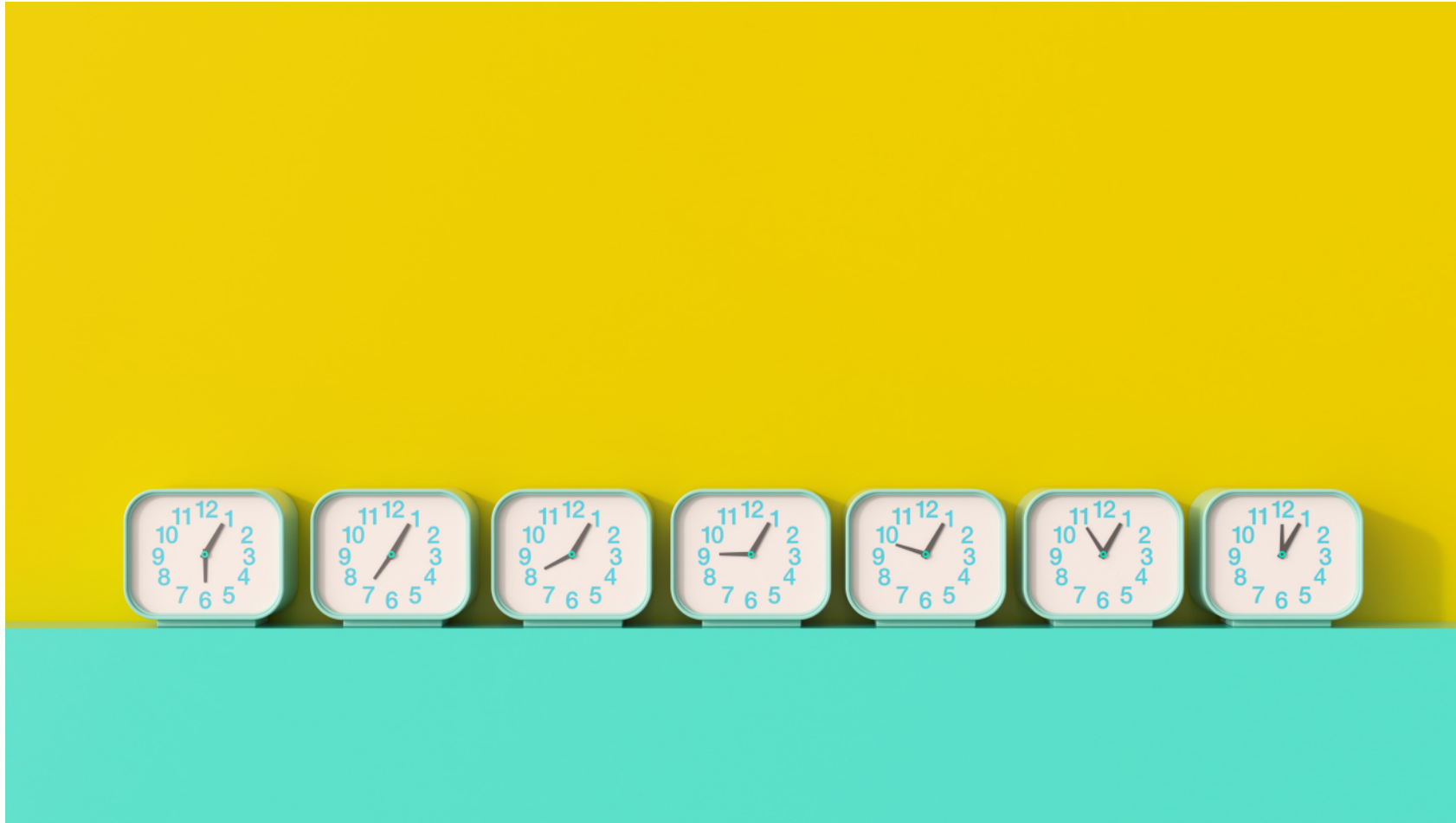
Set goals



Seek support
when needed

Get in touch early

You're not alone





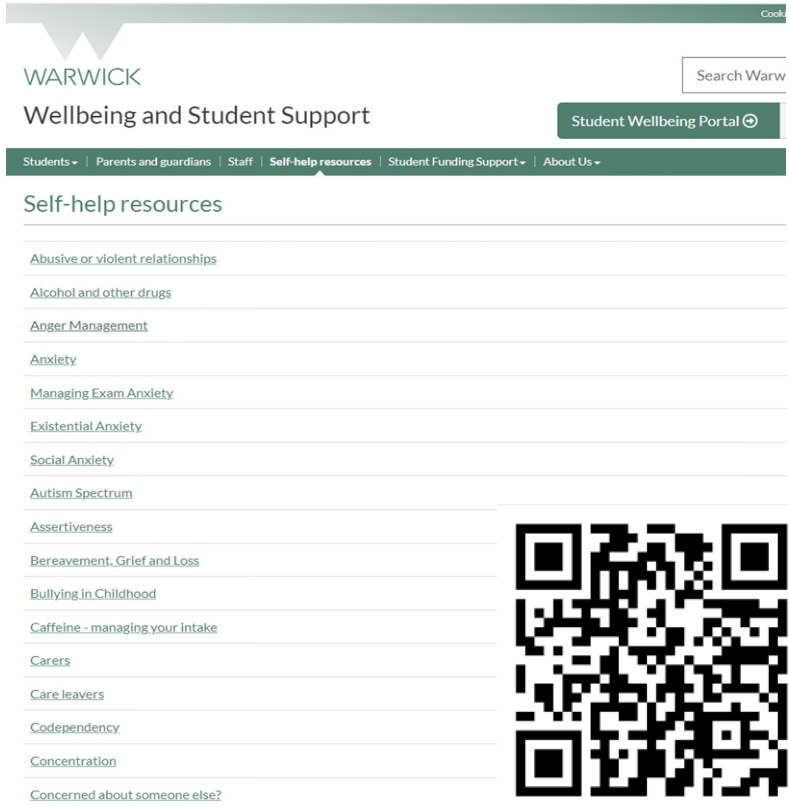
ADDITIONAL RESOURCES

Explore our website

<https://warwick.ac.uk/services/wss/>

Self-help resources

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



WARWICK
Wellbeing and Student Support


Search Warw

Student Wellbeing Portal

Students | Parents and guardians | Staff | Self-help resources | Student Funding Support | About Us

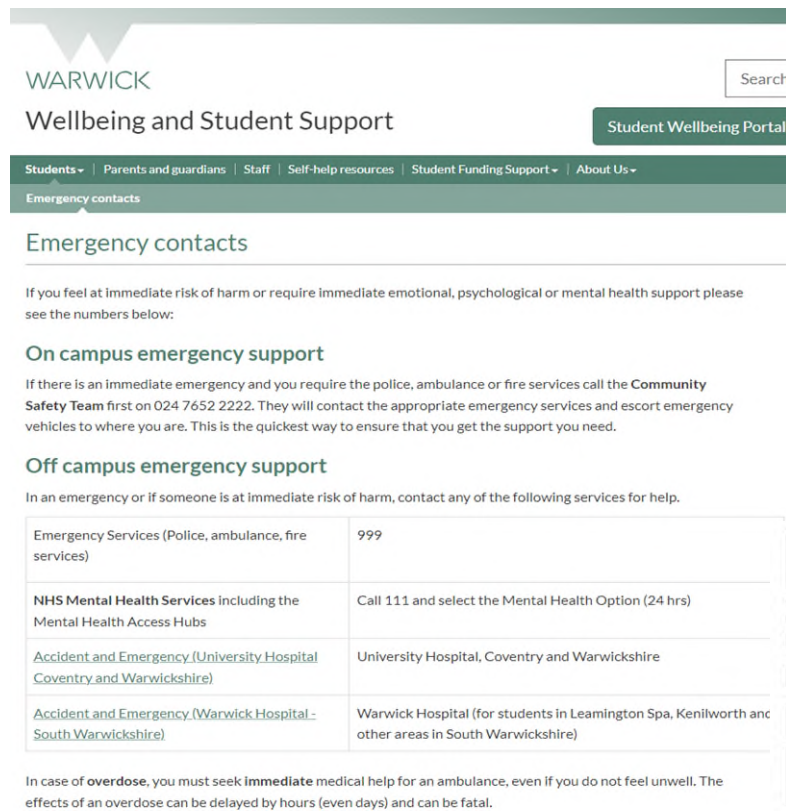
Self-help resources

- [Abusive or violent relationships](#)
- [Alcohol and other drugs](#)
- [Anger Management](#)
- [Anxiety](#)
- [Managing Exam Anxiety](#)
- [Existential Anxiety](#)
- [Social Anxiety](#)
- [Autism Spectrum](#)
- [Assertiveness](#)
- [Bereavement, Grief and Loss](#)
- [Bullying in Childhood](#)
- [Caffeine - managing your intake](#)
- [Careers](#)
- [Care leavers](#)
- [Codependency](#)
- [Concentration](#)
- [Concerned about someone else?](#)



Emergency contacts

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



WARWICK
Wellbeing and Student Support

Search

Student Wellbeing Portal

Students | Parents and guardians | Staff | Self-help resources | Student Funding Support | About Us

Emergency contacts

If you feel at immediate risk of harm or require immediate emotional, psychological or mental health support please see the numbers below:

On campus emergency support


If there is an immediate emergency and you require the police, ambulance or fire services call the **Community Safety Team** first on 024 7652 2222. They will contact the appropriate emergency services and escort emergency vehicles to where you are. This is the quickest way to ensure that you get the support you need.

Off campus emergency support

In an emergency or if someone is at immediate risk of harm, contact any of the following services for help.

Emergency Services (Police, ambulance, fire services)	999
NHS Mental Health Services including the Mental Health Access Hubs	Call 111 and select the Mental Health Option (24 hrs)
Accident and Emergency (University Hospital Coventry and Warwickshire)	University Hospital, Coventry and Warwickshire
Accident and Emergency (Warwick Hospital - South Warwickshire)	Warwick Hospital (for students in Leamington Spa, Kenilworth and other areas in South Warwickshire)

In case of **overdose**, you must seek **immediate** medical help for an ambulance, even if you do not feel unwell. The effects of an overdose can be delayed by hours (even days) and can be fatal.



Togetherall

A free digital platform all about mental health and wellbeing.

Available 24/7 for students at Warwick

Sign up using your Warwick email address.



Q&A

THANK YOU