

School of Arts and Cultures Student Wellbeing Adviser

sacs wellbeing@newcastle.ac.uk

I can support you by:

- Discussing a range of practical resources to help you improve and maintain your mental wellbeing
- Referring you to specialist colleagues in SHWS where appropriate
- Liaising with School staff and SHWS colleagues to facilitate coordination of support for disabled students

I can also offer guidance on:

- Assessments for specific learning difficulties
- How to obtain medical evidence of a disability or health condition and claim reimbursement
- Help implement Student Support Plans for students with disabilities
- Advocate on your behalf in certain situations

Please note that your adviser **does not** provide a counselling service, but they can help you **seek the support you need**



School of Arts and Cultures Student Wellbeing Adviser A space full of wellbeing resources and information!

Contact Hannah by emailing sacs wellbeing@newcastle.ac.uk to arrange a 1:1 appointment or to receive support and guidance by email. 1:1 appointments would suit students with more complex and confidential queries.

For quick queries such as arranging exam adjustments or an ADHD diagnosis, you can turn up to a 15 minute drop-in appointment via zoom. These will be run during term time and details can be found on the SACS Wellbeing Canvas Community.

Hannah has created a canvas community dedicated to student wellbeing which you will be enrolled on to. This is an information platform for all SACS students for resources and guidance in relation to your personal wellbeing.



SCAN ME!

Student Health and Wellbeing Service (SHWS)

<https://www.ncl.ac.uk/wellbeing/>

The Student Health and Wellbeing Service (SHWS) offers support with a wide range of personal matters. There are multiple teams working within the service and you can find further information and contact details for these teams on the Student Health and Wellbeing webpages.

You can also find support and resources for other wellbeing matters, including contact details for urgent support on the SHWS webpages.

- (1) Disability Support**
- (2) Free Counselling Service**
- (3) Financial Support Team**
- (4) Multi-faith Chaplaincy**
- (5) Sexual Violence and Hate Crime Service**
- (6) Student Welfare Team**
- (7) LGBTQ+ Support**

Arranging Exam Adjustments

If you have a long-term disability or a specific learning difficulty (eg. dyslexia) that may affect your exams, or you previously accessed exam support whilst in school, **you may be eligible for exam adjustments**.

To ensure that your exam adjustments are in place for the exam period, it is important to speak to our Disability Team **as soon as possible** as there is a deadline for submitting evidence for your exam adjustments.

If you need to arrange exam adjustments, please contact Hannah (sacswellbeing@newcastle.ac.uk) and she will help you access this support.

Hannah's Top 3 Apps!

(1) Umii

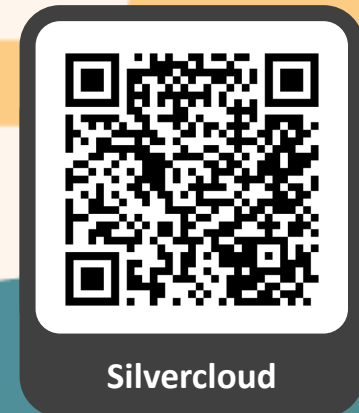
[Umii](#) matches you with other Newcastle students based on your interests, course type and societies – sign up using your university email address to start making new connections!

(2) TalkCampus

[TalkCampus](#) lets you talk anonymously to students around the world who can share their own advice and guidance on what has helped them overcome their own struggles at university.

(3) Silvercloud

[Silvercloud](#) has free cognitive behaviour therapy programmes that can be tailored to suit your needs. You can sign up for a chosen programmes, or you can complete a questionnaire if you want it to recommend the best course for you.



Be Proactive NOT Reactive about your Wellbeing!

Don't wait for your wellbeing to deteriorate before seeking support.

- Just like physical health, we have to work on our wellbeing every day in order to stay healthy and resilient.
- However, its important to remember, that some stress is normal, especially around assignment deadlines. However its important to recognise when stress has become chronic or overwhelming. For example, your sleep or eating habits may have changed or you are start feeling low.
- **To prevent burnout and chronic stress, I want to invite you to start thinking about what self care practices keep you resilient and how you can maintain them at University over the next year. When building a routine, remember to focus on these key things:**
 - **Getting enough sleep**
 - **Eating Well**
 - **Exercising**
 - **Taking sufficient breaks**
 - **Doing things you enjoy**
 - **Connecting with others**

Are you able to combine these in some way? Riding your bike to University? Meditate during your study break? Get a study buddy make sure your taking breaks & not overworking.

Important Wellbeing Contacts

Urgent & Out of Hours Support

(1) The Student Welfare team (non emergencies)

During office hours you can contact the Student Welfare team if you are worried about the physical or mental wellbeing of yourself or a friend.

To access the Welfare Team call the main Student Services number on **01912083333**.

(2) Urgent and Out of Hours Support

For urgent help, please contact the emergency services on **999**.

If you are on Campus, you can also contact the Campus Security Team via **phone 0191 208 6817**, or via the **SafeZone App** which sends them your location.

You can download the free App here:

<https://safezoneapp.com/>

