

SACS Student Wellbeing Advisers



Katie Gregson
Monday - Thursday

Our role is to signpost, advise and guide students in the School of Arts and Cultures (SACS) about the best next steps to take when experiencing difficulties that impact their wellbeing.



Nicola Hawdon
Friday

Based within SACS and linked to the central Student Health and Wellbeing Service.

We can support you with:

- Finding appropriate support for a range of personal matters.
- Accessing practical resources to help you improve and maintain your mental health.
- Confidential listening.

We can also offer guidance with:

- How to access support from our central Wellbeing Service for students with disabilities, long-term health conditions and specific learning difficulties.
- Accessing other internal services such as the Counselling Service or Financial Support Team.

SACS Student Wellbeing Adviser

To contact the SACS Student Wellbeing Adviser for guidance and support please email sacswellbeing@ncl.ac.uk.

Available for both remote and in-person appointments on weekdays between 9am and 4pm. For support, please **get in touch via email** using your university outlook account.

You will all be enrolled in the SACS Wellbeing Canvas Community, where you can find information and guidance on a wide range of topics.



SACS Student Wellbeing
SACS Student Wellbeing
Communities



SafeZone

- Personal safety app linking you to Campus Security and the emergency services.
- Useful for lone working on campus.
- Download for free on the App Store or Google Play.
- Visit their website using the QR code



Remember to Register with a GP!

You can register with a local GP service via the [GP Registration page](#) on the Student Health and Wellbeing Service website or using this QR!



Urgent & Out of Hours Help

If you require urgent help, you should always contact the emergency services.

This webpage also outlines a range of support helplines.



TalkCampus is a mental health app connecting you to other students around the world for professionally moderated peer support 24/7.

Search **TalkCampus** on your **App Store** or **Google Play** to download- or scan the **QR code!**



umii

Umii is an app that matches you with other students based on your interests, course type and societies and makes it super easy to connect, start conversations and develop friendships together.

Scan the QR code to download **Umii**

iOS



Andriod



Student Health and Wellbeing Service

The 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.

ncl.ac.uk/wellbeing



Disability Support Service

Counselling Service

Student Financial Support Team

Multi-faith Chaplaincy

Hate Crime & Sexual Violence Support

LGBTQ+ Support

Support for Asylum Seekers & Refugees

Support for Student Carers

Support for Estranged Students

A final point to remember

If at any point during your time with us you encounter any issues that impact your wellbeing please remember:

- We're here to help – please talk to us
- The sooner you seek support, the better

[Find your Support | Student Wellbeing](#)

[Email your SWA at: sacswellbeing@ncl.ac.uk](mailto:sacswellbeing@ncl.ac.uk)