Student Counselling and Wellbeing





Supporting Positive Mental Health during COVID-19

Jane Harris

Assistant Head of Student Support (Counselling and Wellbeing)

J.Harris1@leeds.ac.uk

Student Counselling and Wellbeing

STUDENT OPPORTUNITY DIRECTORATE



Summary of service provision:

- Extended Daily Drop-in hours (SCW@LUU), Mon-Friday (Zoom/telephone)
- Online self-referral to register for Wellbeing, Counselling or Mental Health individual appointment. (Zoom/telephone)
- Wellbeing Webinar Programme (Zoom/Collaborate)
- Meditation, Mindful Relaxation and Mindful Resilience (Zoom)
- Enhanced Support, Medicine and Healthcare NHS workforce students
- Student Space https://studentspace.org.uk/
- Risk management coordinated support with NHS, mandatory location details and emergency contact.

Student Counselling and Wellbeing





Emergency support to UoL staff

Mental Health Advisors

Support in relation to serious mental illness (moderate to severe and enduring), including emerging conditions.

Students in crisis or in need of urgent/emergency mental health support

Counsellors

Support to explore life events, experiences, relationships, patterns of behaviour or personal difficulties, with the aim of developing insight, bringing about change and increasing wellbeing.



Duty system supporting UoL staff 10-12, 1 – 4 Monday to Friday scw@leeds.ac.uk

Wellbeing Practitioners

Support to develop positive problem solving skills and 'toolkits' for wellbeing, typically in relation to mild-moderate anxiety, panic, low mood or depression.