University of Bradford Counselling and Mental Health Service

Supporting Positive Student Mental Health and Wellbeing during COVID–19
Being adaptable and accessible

• Blended approach 1-1 support
• Students abroad – local emergency contact
• Zoom workshops / groups – Wellbeing Weds, Coping with COVID
• Barriers to engagement
• Email counselling – innovative
• Eyes and ears on the ground - fortifying our crisis response mechanisms
• Closer collaboration with other internal and external teams /services to ensure a robust and holistic response
Resourcing others and ourselves

• Student Life team - buddy scheme / wellbeing guide / telephone support / food parcels for self isolating students
• Winter activity pack to all students staying in Bradford – CMHS rota
• Students Union – Kick Start events – halls of residence
• Daily team check ins

• Case example