



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