Supporting Positive Mental Health during COVID-19

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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

STUDENT OPPORTUNITY DIRECTORATE

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.

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.

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

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

Emergency support to UoL staff