

Student wellbeing support



Living

Accommodation: ReslifeBU, LettingsBU, halls teams

Faith & Reflection: a place to reflect, explore spirituality and pray

Frontline services: financial support, immigration, international student support

BU Neighbourhood Policing Team: safety and security, reporting crime

SUBU Advice: financial support, housing issues, independent advice



Learning

Faculty support: Education Services Manager, Academic Advisor/Programme Lead, Placement support

Additional Learning Support: Specialist support, reasonable adjustments and funding

Careers: MyCareerHub, placements support, employability, skills and training development/support

Library Support: language skills, study skills, research support, Peer Assisted Learning

SUBU: Student Reps in each programme/cohort/group



Support

Student Wellbeing (NHS): Counselling and Wellbeing Advice. Daily drop in 2-3pm (Talbot Campus)

SSET: the **navigators of support**, one in each faculty - personal, pastoral, professional
SSET@Bournemouth.ac.uk

Samaritans: call free day or night on 116 123 or email; **jo@samaritans.org**

SportBU: healthy lifestyle support, physical activities and classes to support wellbeing

SUBU: clubs and societies, SUBU Advice, liberation campaigns

GP Surgery: Health and wellbeing advice

Big White Wall: www.bigwhitewall.com



Crisis

999: if you are concerned about the immediate safety of yourself or others

BU webpages: find help, information and urgent support by going to www.bournemouth.ac.uk/info-help

Connection helpline: 0300 123 5440
24 hour local mental health support or call 111 and choose the option for mental health

The Retreat: NHS crisis support service, open 4.30pm until midnight daily at Hahneman House, Hahneman road, Bournemouth

01202 962222 (BU): 24/7 emergency welfare support



Don't know who to ask or where to go? AskBU: drop in to The Base or Bournemouth House Library or call 969696

www.bournemouth.ac.uk/students/health-wellbeing