

Free and confidential advice for current students

## Wellbeing in The Bothy

The Bothy is our workshop and drop-in support venue. Located behind the Student Support Centre on the ground floor, you will find this to be a calm and welcoming space to drop-in to when you need some extra help and advice.

And if you are looking to escape the activity on campus, students are welcome to use The Bothy or the Quiet Room (on the second floor landing of the main campus) to enjoy some quiet time to themselves.

You can find our current calendar of events online in The Bothy's Brightspace area, where you will also see a wealth of wellbeing resources on different topics, including workshop recordings you can watch on demand.

Further information can be found here



For all queries and bookings please contact, [wellbeing.ic@uhi.ac.uk](mailto:wellbeing.ic@uhi.ac.uk)

## Wellbeing Groups and Workshops

A variety of wellbeing workshops and drop-in sessions are offered throughout the year, addressing topics such as anxiety, happiness, getting mentally prepared to study, and more.

Some workshops take place in The Bothy's workshop space on campus, and some are delivered online via Webex. The Bothy is also the venue for various student group gatherings, such as our Thursday Club and our Care Experienced Student Study group. New members to all our groups are always welcome.

-  @UHIinverness
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[inverness.uhi.ac.uk](http://inverness.uhi.ac.uk)

# UHI | INVERNESS

## STUDENT SUPPORT

# Wellbeing Service

A guide for students



## Wellbeing Service

### What you may want to know

The Wellbeing Service is here to help you address the personal or emotional problems that may get in the way of you realising your full academic and personal potential.

The service offers free and confidential advice to current students only. Students registering with the service will be offered a Wellbeing Consultation.

In this solution-focused session, we will discuss the different support options available to you: we operate a stepped care model, and this means that you can access help quickly and get the most effective help for your needs.

We know that every student has individual needs, so we offer a flexible programme of support with an experienced practitioner.

Our counsellors primarily use the One at a Time Therapy (OaaTT) approach. This model is designed to focus on the most significant issue for you at the time of your appointment. If you feel after this process you need further support, you can make another appointment.

Before any subsequent session, we will ask you to complete a new form so that we can understand what has brought you back to us.

Should a student present with more complex needs, and it is appropriate to do so, we offer longer-term support over a few weeks or months.

We regularly liaise with external services (such as local NHS hospitals and community teams) to ensure students are able to access appropriate support, and we co-ordinate support so that the impact on your studies is minimised.

We aim to:

- + **Provide you with a confidential and nonjudgmental space, in which you can work through your difficulty.**
- + **Help you to understand yourself better and find better ways of managing your life, inside and out of College.**

If it is more appropriate to refer you to other services, either at UHI Inverness or externally, we will do this with your permission.

### How do I ask for support?

Email: [wellbeing.ic@uhi.ac.uk](mailto:wellbeing.ic@uhi.ac.uk)

If you don't know what to say, just email the word 'Hello' and we will reply and take it from there



## Wellbeing Service

[inverness.uhi.ac.uk](http://inverness.uhi.ac.uk)

### External Help

#### Samaritans:

Freecall: 116 123

Email: [jo@samaritans.org](mailto:jo@samaritans.org)

#### Breathing space:

Freecall: 0800 83 85 87

#### Mikeysline:

Local, non-judgmental and confidential peersupport

Textline only: 07779 303 303

#### James Support Group:

24 hour helpline: 07563 572471



Spectrum Life is our Student Assistance Programme

It provides current students with unlimited access to a telephone helpline 24/7, 365 days a year, offering help and support in managing whatever personal, study, or work issue you are facing

UK: 0800 031 8227

WhatsApp / SMS: 00353 87 369 0010

Zen chat (online chat) through the portal if you are struggling to pick up the phone.

Spectrum.Life - Google Play store

Spectrum.Life - Apple Store