**Disability and Wellbeing Services Key Information**

1.    Disability and Wellbeing service delivery

We are starting the new academic year by continuing to deliver all of our services remotely via Zoom, telephone and email. Our twilight service will continue to operate from Mondays to Thursdays with counselling and disability appointments being offered. We will update you on arrangements when we resume the delivery of services on campus. Students can refer themselves to any of our services by emailing disability-wellbeing@strath.ac.uk or calling 0141-5483402.

2.    Mental health and wellbeing referrals

This year, we have a new Early Intervention Counselling Team in place. We are aiming to offer same day triage appointments to all students who refer before 4pm each working day. Students can refer directly by emailing disability-wellbeing@strath.ac.uk .

3.    Encouraging disability disclosure

Student induction is a key time to encourage students to declare disabilities. We are asking for your help in encouraging disclosure within your department/school/faculty by either having direct input into induction activities or liaising with colleagues who are involved to ensure disability provision and disclosure is promoted.

4.    New student information

We have met with a number of students over the summer months and will continue to do so throughout the academic year. As needs are assessed, adjustment reports will be uploaded onto the Pegasus system. It is imperative to highlight that this is an ongoing process and academics should check their class lists regularly to ensure they are aware of disabled students’ needs.

5.    Disability & Wellbeing faculty contacts

As we aspire to enhance and strengthen our well- established connections with academic faculties and departments, this year our advisers will be linked to faculties to work with and advise staff on matters relating to the support of students with disability/mental health/wellbeing issues. Staff have been assigned as follows:

* HaSS- Claire Rattray, Mental Health & Disability Adviser and Carla Rhodes, Mental Health Adviser
* Science- Gillian Mutch, Disability Adviser and Sean McCann, Early Intervention Counselling Team Leader
* Engineering- Clare Kennedy, Disability Adviser and Alice McInally, Mental Health Adviser
* Business- Crystal Jolly, Disability Adviser and Olivia Pollock, Early Intervention Counsellor

We will be in touch with each faculty separately over the coming days to arrange a meeting to further discuss.

6.    Helping students in distress guide and other resources

Our “Helping Students in Distress: A Guide for Staff” has been revised and is now available on our webpages. We also have a range of resources, e-learning packages and bookable training programmes on a range of topics and encourage you to visit our [webpages](https://www.strath.ac.uk/professionalservices/disabilityandwellbeing/mentalhealthwellbeingsupport/bookablewellbeingprogrammesandtraining/) to find out more.

7.    Rape Crisis service for students

The Rape Crisis service for students of all genders who have experienced sexual violence at any time in their lives will continue to be offered for this academic year. Further information is available [here](https://www.strath.ac.uk/professionalservices/disabilityandwellbeing/rapecrisisstudentsupportservice/).

8.    Covid-19 health and wellbeing advice for students

Our [webpages](https://www.strath.ac.uk/professionalservices/disabilityandwellbeing/#:~:text=The%20Disability%20%26%20Wellbeing%20Service%20has%20a%20range,needs%2C%20which%20includes%2C%20but%20is%20not%20limited%20to%3A) offer a range of information and advice on maintaining positive health and wellbeing during the pandemic and we encourage you to review these. Our Health & Wellbeing Adviser can assist with specific coronavirus related health enquiries and can be contacted via studenthealthenquiries@strath.ac.uk.

9.    Supporting staff mental health and wellbeing

The following resources are available to staff to help support and maintain positive mental health and wellbeing:

* [Silvercloud](https://www.strath.ac.uk/wellbeing/stressandmentalhealth/self-help/), our online e-learning platform offers immediate access to online CBT (Cognitive Behavoural Therapy) programmes tailored to the individual’s needs. This programme is available to staff and students.
* The University’s [Employee Assistance Programme](https://www.strath.ac.uk/wellbeing/stressandmentalhealth/employeeassistanceprogrammeeap/) (EAP) offers 24/7 confidential independent help, information, and guidance which is accessed by telephone.
* The EAP is now complemented by an in-house, confidential [staff counselling service](https://www.strath.ac.uk/wellbeing/stressandmentalhealth/staffcounsellingprovision/) where staff can access up to six sessions of therapy via Zoom.