



# LOOKING AFTER YOUR WELLBEING



Information for new and existing  
members of the Doctoral College,  
University of Exeter

As a member of the University of Exeter's Doctoral College we take your support needs very seriously. We recognise that health and wellbeing are crucial ingredients of effective study and contribute to your enjoyment of a rich and fulfilling postgraduate experience. But staying well in body and mind isn't always easy. We understand that it's much more difficult to undertake your research commitments if personal problems or mental health difficulties arise. We have put services in place for all members of the Doctoral College to support your wellbeing whilst at the University of Exeter.

## Choosing the right service for you

If you ever need to talk or would like support to think things through there are a couple of options available to you.

We have a Student Wellbeing Centre on the Streatham Campus as well as a support service on the Cornwall Campus. In addition we work in partnership with CareFirst which is an organisation that offers you telephone counselling support 24 hours a day. The table here sets out the support and is available and how to contact the services.

What would you like to talk about?	Services available to help	Contact Details
<p>Concerns or worries over issues such as loneliness, homesickness, money worries, relationships, addictions, time worries, bereavement or any other personal or work related issues.</p>	<p>Care First offer 24 hour, 7 days a week support to you. They have trained counsellors on the end of the phone and will talk you through a number of options including any follow up support you might feel would be useful such as telephone / internet counselling or up to six sessions of face to face counselling.</p>	<p>Call Care First Directly telephone: <b>0800 174319</b></p>
<p>If you are affected by any of the above issues, are worried about your mental health, would like support to help you manage a pre-existing mental health condition, are concerned about the impact of your mental health on your studies – or you would simply prefer to access support at University.</p>	<p>Student Wellbeing Services can offer a range of services including one-off single session interventions, CBT, Counselling, groups and workshops (such as Beating exam Stress, 'Busting the Blues' and Overcoming Anxiety), computer based CBT, low cost complimentary therapy, online therapy books.</p> <p>The service also offers support to students with on-going mental health difficulties including advice on reasonable adjustments, liaison with your College, the provision of an Individual Learning Plan (ILP) , and support provided by Disabled Students Allowances (including mental health mentoring).</p>	<ol style="list-style-type: none"> <li>1. Login to SID online</li> <li>2. Visit the website: <a href="http://www.exeter.ac.uk/wellbeing/appointments/">www.exeter.ac.uk/wellbeing/appointments/</a></li> <li>3. Telephone the Wellbeing Centre on (01392) 724381. Our receptionists will be pleased to hear from you and will be able to book you into a Telephone Referral Appointment</li> <li>4. Drop in to the Reed Mews Wellbeing Centre (number 15 on the map) where our receptionists will be happy to book you into a Telephone Referral Appointment.</li> </ol>
<p>If you feel you are in crisis or would like more urgent support.</p>	<p>The first thing to do is to make an urgent appointment with your GP/ doctor. The GPs at the Student Health Centre on Streatham Campus can, in an emergency, see students who do not have a GP in Exeter. If you consider your concerns to be very urgent then you can visit the A and E Department at the RD and E Hospital or dial 999.</p> <p>Students based on the Cornwall campuses should contact Accommodation and Welfare on: <b>01326 370460</b></p>	<p>Streatham Campus Student Health Centre, Reed Mews Tel: <b>01392 676606</b> <a href="http://www.exeterstudenthealthcentre.co.uk">www.exeterstudenthealthcentre.co.uk</a></p> <p>If out of GP opening hours (6pm – 8am, weekends or bank holidays), you can contact the GP Out of Hours service on: <b>0845 671 0270</b></p> <p>Royal Devon and Exeter NHS Foundation Trust Barrack Road, Exeter EX2 5DW</p> <ul style="list-style-type: none"> <li>■ Tel: <b>01392 411611</b> (this is the switchboard number for the whole of the RD&amp;E)</li> <li>■ Please note: You may visit any A&amp;E department where you will be assessed and treated by the relevant health team.</li> </ul>

# Other wellbeing support available to you as a member of the Doctoral College

## Eye Care Vouchers

If you use a computer for significant parts of your day you are entitled to apply for a Specsavers Eye Care Voucher. You will need to complete a DSE self assessment form and eye care application form and the e-voucher will be sent to you directly. It usually takes about 14 days to process. Follow this link to find the application forms: [www.exeter.ac.uk/staff/wellbeing/safety/safetyguidance/eyetests/](http://www.exeter.ac.uk/staff/wellbeing/safety/safetyguidance/eyetests/)

## Face Mask Fitting

If you are required to wear a face mask to carry out any tasks we can offer you an appointment to have this fitted correctly and to make sure you know how to use it to protect yourself. Please contact the University of Exeter Safety Team who will arrange a fitting for you: [safety@exeter.ac.uk](mailto:safety@exeter.ac.uk)

## Training

There are risk and safety modules available to you via the PGR programmes to support you in your role. These include;

- Fire Safety
- Radiation safety
- Risk assessment and Fieldwork assessment
- Control of Substances Hazardous to health



Reed Mews Wellbeing Centre  
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Care first