

Wellbeing Services: Who Are We?

Wellbeing Services are here to help students get the most out of their time at Exeter, and to support students personally and in their studies should any difficulties occur.

We work with students studying at our Exeter campuses (Streatham and St Luke's), and we are made up of four main teams:

AccessAbility Team

Mental Health Team

Psychological Therapies Team

Welfare Team

We provide confidential support to students experiencing difficulties such as stress and low mood, health conditions, mental health conditions, disabilities, and specific learning difficulties.

Prospective students

If you are a prospective student, please visit our prospective student webpages to find how to get in touch and set up your support before your arrival:

[www.exeter.ac.uk/wellbeing/
prospectivestudents](http://www.exeter.ac.uk/wellbeing/prospectivestudents)

AccessAbility Team

The AccessAbility team support students with a range of disabilities, long-term health conditions, specific learning difficulties, sensory impairments, and autism spectrum conditions.

Many students who do not identify with the term 'disabled' may still be eligible for support.

We encourage students to book an appointment with AccessAbility as soon as possible so that we can help you to get the most out of your studies.

Your AccessAbility appointment may include:

- Information, advice and signposting to other services
- Setting up an Individual Learning Plan (ILP) which can include teaching and exam adjustments
- Support for specific accommodation requirements
- Advice about Disabled Students' Allowances (DSA) and help with your application
- Liaising with your academic college to make sure appropriate support is in place
- Information about groups and workshops that we run
- Advice about dyslexia screening

How to contact us

Call us: 01392 723880

Email us: accessability@exeter.ac.uk

**[www.exeter.ac.uk/wellbeing/
accessability/support](http://www.exeter.ac.uk/wellbeing/accessability/support)**

Mental Health Team

Our Mental Health team provide support to students with a mental health condition that has lasted or is likely to last for up to a year or more.

Many students who do not identify with the term 'disabled' may still be eligible for support, and we would advise you to book an appointment as soon as possible to discuss your options.

An appointment with a Mental Health Advisor can include:

- Advice and support for ongoing mental health difficulties
- Setting up an Individual Learning Plan (ILP) which can include teaching and exam adjustments
- Support for specific accommodation requirements
- Advice about Disabled Students' Allowances (DSA) and help with your application
- Signposting to further internal and external support options
- With consent, liaison with other services such as doctors or mental health professionals to facilitate appropriate support

How to contact us

Call us: 01392 724381

Email us: wellbeing@exeter.ac.uk

**[www.exeter.ac.uk/wellbeing/
mental_health/about](http://www.exeter.ac.uk/wellbeing/mental_health/about)**

Psychological Therapies Team

Our Psychological Therapies team offer support to students experiencing difficulties with their wellbeing, such as stress, low mood, and personal or emotional difficulties. Students can book a short telephone appointment to discuss their wellbeing needs and think about next steps with a practitioner.

We follow a stepped-care model that recommends accessing the most effective, least intensive treatment first. We may recommend:

- Self-help (books, websites or mobile apps)
- Attending a workshop, webinar, course or group
- Booking a Wellbeing Consultation (WBC) with a practitioner
- Short term counselling or Cognitive Behavioural Therapy within Wellbeing Services
- Support from a service outside of the University

How to contact us

Call us: 01392 724381

Email us: wellbeing@exeter.ac.uk

www.exeter.ac.uk/wellbeing/psychologicaltherapiespathway/about

Welfare Team

Welfare Advisors

Our friendly and experienced Welfare Advisors (ESAWs) are available to talk to students in a confidential space about any issue they feel they may need support with. Welfare Advisors offer practical support and signposting to specialist advice and support services.

Residence Life Team

The Residence Life Team provides practical support and welfare support to students living in University accommodation.

You can speak to the team about whatever is on your mind, and they will reach out to you throughout the year to answer questions, help with any problems, and keep you up-to-date with what's going on in the University and city.

How to contact us

You can find individual email addresses for Welfare Advisors in College Info Points here:

www.exeter.ac.uk/wellbeing/studentwelfare

Residence Life teams can be contacted here:

www.exeter.ac.uk/accommodation/residences/rlt/



01392 724381

www.exeter.ac.uk/wellbeing