

# Monthly Newsletter

## Student Wellbeing

Staff update from the Student Wellbeing Team

Welcome to our newsletter for staff to facilitate awareness  
and better support for their students.

### New information/ events in October

(Click on interested items for further information)

[Wellbeing on Tour! Coming to you?](#)

[Group Support Sessions](#)

[Faculty Wellbeing Consultant Sessions](#)

[Halloween Events](#)

[Student Wellbeing Canvas Update](#)

### Important Resources to be aware of:

[Chaplaincy](#)

[Disability Support](#) (updated)

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[My Sussex](#)

[Report and Support](#)

[Residential Life](#)

[Self-help Guides](#)

[Student Advice](#)

[Student Centre](#)

[Student Hub](#)

[Students Union](#)

[Study Skills resources](#)

[Togetherall](#)

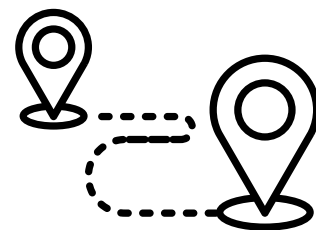


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## Wellbeing on Tour!

We have slots available on Tuesdays for the wellbeing stall to tour different locations on campus. This is a great opportunity to reach students who may not be aware of the wellbeing stall located in the Student Centre on Thursdays.

If you'd like to request a visit to one of your buildings, please contact Naomi Harris on teams or [naomi.harris@sussex.ac.uk](mailto:naomi.harris@sussex.ac.uk).



## Group Sessions this Semester

**Grief and Loss:** meets on the first Friday of each month in the meeting house quiet room from 12-2, sharing is optional.

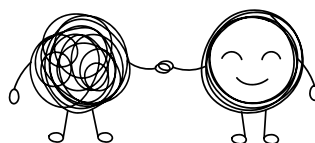
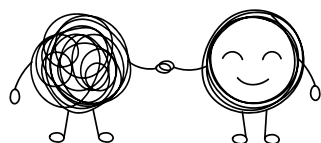
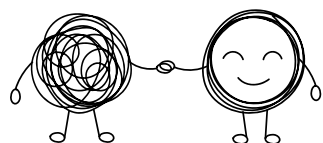
**Long Term Health Conditions:** weekly for 6 weeks starting on the 6th November 2-4. Register by emailing [therapy@sussex.ac.uk](mailto:therapy@sussex.ac.uk)

**Low Mood Group:** weekly for 6 weeks starting on the 29th October 2-4. Register by emailing [therapy@sussex.ac.uk](mailto:therapy@sussex.ac.uk)

**Managing Anxiety:** weekly for six weeks starting on the 28th October from 2-4. Register by emailing [PWP@sussex.ac.uk](mailto:PWP@sussex.ac.uk). This group is fully booked, but will be running again in February.

**Managing Emotions:** weekly for six weeks starting on the 5th November from 2-4. Register by signing up with the therapy service specifying this group.

**Peer Support Group for Students who have experienced sexual abuse or harassment:** fortnightly starting on the 8th October. Time and location will be shared when students have had a chat with a facilitator.



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## Faculty Wellbeing Consultant sessions:

### **Drop-in - Faculty Staff regarding student wellbeing**

Open drop-in, all faculty staff welcome (Professional services, Academic and Technical Services Staff)  
 Doctoral tutor or other students employed in a faculty role that supports students are welcome to use drop-ins to discuss how they support/signpost other students.



*In-person running term time only, please book via Calendly for a consultation 1:1 anytime*

- Mondays, 2:30pm - 4:30pm  
Arts A, A66
- Thursday 2pm - 4pm,  
Essex House Ground Floor, Connolly Room

*Further in-person drop-in's will potentially be added.*

**SIGN UP!**

**TO BOOK AN ONLINE CONSULTATION ABOUT STUDENT WELLBEING [CLICK HERE](#), OR SCAN ->**



**Please Note:** Student consent is required before sharing any identifying information. Consent is also needed to share information with wider wellbeing teams if you wish to request a reach out of support for a student. If it is not possible to gain consent you may discuss a student anonymously.

## **FACULTY TRAINING**

### **Introduction to Student Wellbeing (1.5hr)**

Signs and symptoms of poor wellbeing, speaking to students about concerns, information about student support at Sussex, look after your own wellbeing.

- Tuesday 14<sup>th</sup> October 9am-10:30am
- Wednesday 12<sup>th</sup> November 1pm - 2:30pm

### **Boundaries (1.5hrs)**

Your role (and limits of) when supporting students with wellbeing concerns, how and when to escalate concerns, signposting to staff wellbeing support.

- Monday 20<sup>th</sup> October 1pm - 2:30pm
- Tuesday 18<sup>th</sup> November 9:30am - 11am

### **Responding to Distress (1.5-2hrs)**

What is distress and the different types, considering your response and role, practical signposting and escalation.

- Thursday 30<sup>th</sup> October 10:30am - 1pm
- Monday 24<sup>th</sup> November 10:30am - 12:30pm

### **Student Disclosure, support and information: Sexual and Domestic Abuse**

- Report and Support tool for reporting issues
- The new 'Consent Matters' online course
- Student Discipline overview
- Awareness raising regarding Sexual Violence and Misconduct, Domestic Abuse, Stalking, Bullying and Harassment

- Friday 7<sup>th</sup> November 12pm - 2pm

**SIGN UP!**

All training online on MS Teams.



Email [rg517@sussex.ac.uk](mailto:rg517@sussex.ac.uk) with the session and date you'd like to attend.  
 You'll be sent a joining link via your Outlook calendar.

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## Halloween

Halloween at Sussex is back on Thursday 30 and Friday 31 October, bringing two days of fun across campus! Please help spread the word to students - they can enjoy pumpkin carving, lantern decorating, spooky film screenings (with free popcorn), and themed stalls from support services. A free Halloween-themed lunch will be served both days, plus doughnuts and mindful colouring for a quieter moment. Families are welcome for child-friendly activities, and there are extra events including a witchcraft talk at ACCA, Atmosfear and Fright Night with Res Life, and sessions for international and returning students. 🎃



## Student Wellbeing canvas site update

All new students have been added to the canvas site to accept or reject it on their dashboard. Just under 6000 new students have actively accepted meaning that around 18000 students have accepted it overall. Please continue to refer to it and guide students to it. Aside from canine cuddles and where the wellbeing stall is, it only contains links to University and external websites. If you would like to be featured on "who might I meet for support", please contact Naomi Harris. [Click here to self-enroll](#).



# Important resources to be aware of:

## **Chaplaincy**

The Meeting House is in the middle of our campus by Library Square. It's the base for our campus chaplains and also an excellent place for quiet study, relaxing, chatting with friends or eating lunch.

A new Grief & Loss group is being run every first Friday of the month between 12-2 pm at the Quiet House, Meeting room.

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## **Disability Advice**

Find out about the [help available for disabled students](#), and students with a learning difficulty or ongoing physical or mental health condition.

Get in touch with the team through [My Sussex](#) or visit the [Student Centre](#) or attend a term-time drop in session. Disability Drop-ins Term time only between 11-1pm on Wednesday and 2-4pm on Thursday, Student Centre, ask welcome and triage for the location.

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## **Exceptional Circumstances**

If students experience something short-term and unexpected that affects their academic performance, they might be able to apply for exceptional circumstances (for not submitting work, not attending an exam, to have the late penalty removed or to inform that you were impaired).

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## **International Student Advice**

Find out about the [help available for international students](#). The International Advisors provide confidential visa and immigration advice to Sussex students. Find out about your Student visa, working restrictions and how changes in circumstances could affect your visa. To seek advice raise an enquiry via [MySussex](#) or visit the [Student Centre](#).

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## **Money Advice**

Find out about the different aspects of student funding and who to speak to if you have financial or cost-of-living worries by visiting the [Student Hub Money & Funding](#) pages.

To access support, [raise an enquiry via My Sussex](#) or visit the [Student Centre](#) or attend a term-time drop in session. Money Advice Drop-ins are term time only - Wednesdays 1:30 - 3:30, Student Centre.

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## **My Sussex**

My Sussex is the online student support portal for Sussex students. Make use of FAQs by searching a question or selecting category to view relevant FAQs to support your studies.

If you are a Sussex student, log in using your Sussex username and password for the best experience, and to be able to raise enquiries directly to support services.

# Important resources to be aware of:

## **Report and Support**

Report and Support is a way for you to report any incidence of bullying, harassment, a hate incident, sexual violence, domestic abuse, stalking, spiking or discrimination. Making a named report to Report and Support means an advisor can contact you to offer support. You can report anonymously if you just want the University to know about something.



## **Residential Life**

The Residential Life team have events for students in university-managed accommodation. All the details can be found on their Instagram, on Student Hub, and on the Mysussex events tab.



## **Self-help guides**

All Sussex students have access to a series of self-help guides that can help them with specific wellbeing experiences in their own time, at a pace that suits them.

The guides are written by the NHS and updated regularly in line with best practice and are a great place to start thinking about managing difficult experiences before they become too impactful.

You can follow [this link](#) to access the guides.



## **Student Advice**

Student advisors offer advice on a range of topics including personal & welfare concerns, obstacles to study, academic progress issues and more. Students do not need to register and can receive advice and guidance at multiple points throughout their studies. To access support, [raise an enquiry via My Sussex](#) or visit the [Student Centre](#).



## **Student Centre**

Whether it's a simple query or support with a more complex issue, there's a wide range of information, advice and guidance available at the [Student Centre](#). The Student Centre brings together our student support services, who provide support on a broad range of issues both online and in-person, and our dedicated Welcome team are here to help you find the information you need and connect you with specialist services when you need it.



## **Student Hub**

The student hub is where students/ staff can find any information related to the student journey

# Important resources to be aware of:

## Students' Union

University of Sussex Student Union Advice is a dedicated service for all students at the University of Sussex. We offer support and guidance on various university-related issues such as appeals, academic misconducts, complaints, and disciplinaries. We can also connect you with the right people and resources for other concerns.

We offer telephone and Zoom appointments, with some in person appointments- we will ring you if you have a telephone booking or send a video link in advance if you have a video call booking. In person appointments are held in the Advice Room on the 2nd floor of Falmer House.

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## Study Skills resources

If you find that you'd like more support with topics such as essay writing, note-making, presentations and more then [this page](#) has lots of online resources and advice.

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## Togetherall

Sussex students and staff can access Togetherall for free, using their university email address, via [this link](#). You can share thoughts and feelings, ask questions, connect with other students and access support 24 hours a day, 365 days a year.

Trained clinicians monitor the environment to ensure compliance and to guide users in the right direction for additional support.

There are also creative tools to help express how you are feeling and a wide range of self-guided courses to do at your own pace.



[@universityofsussexwellbeing](#)