



Wellbeing online resources – Updated 12.05.2020

- With many students still living in University accommodation, **Residence Life** have created a programme of virtual events, including socials, cook outs, keep fit and wellbeing activities. Please see the page below & promote to your students:
<https://www.facebook.com/UoEResidenceLife/>
- Please remember **the resources that can be accessed online**. As we are all spending more time online, the Student Counselling home page has links to the Big White Wall, Feeling Good App and Silver Cloud, all of which both students and staff can access.
<https://www.ed.ac.uk/student-counselling>
- **The Consent Collective** are creating additional content under the banner 'Together Apart' to help all of us to navigate our way through these challenging times, together, sharing the lessons learned from work in the sexual violence sector along the way. If you haven't already, please do sign up for the Consent Collective, (students and staff) to take advantage of our membership, and learn from their resources:
<https://www.consentcollective.com/togetherapart>
- An update from **Health in Mind**, a charity promoting positive mental health and wellbeing in Scotland:

Health in Mind is continuing to provide all of its services mostly through telephone and video support. Our Peer Support Drop ins and the Listening Space are taking place on zoom and people are able to phone into these even if they don't have internet access. We are also providing one to one support for people to get to grips with the technology and feel comfortable joining the groups.

During the current crisis there is some flexibility around accessing courses and groups from outwith your local area so please contact Health in Mind to find out what is available to you and the people you are working with.

This is the link to the update page for our Edinburgh Services: https://www.health-in-mind.org.uk/coronavirus_covid_19/i2271/our_edinburgh_services_covid_19_14_april_2020.aspx

Also our Oasis Women's One to One Service currently has a few spaces. This provides one to one support for up to 6 months for Women Living in South East Edinburgh looking to improve mental health and wellbeing. Its currently being provided through telephone and video calls.

Leading health & wellbeing consultant and former student GP, Dr Dom Thompson has put together a number of Covid19 blogs and videos:

<https://www.youtube.com/channel/UCDftvkOylLQJC7Zmaig2YKA/videos>

The blogs are:

A student survival guide to self isolation

<https://www.truestudent.com/blog/a-student-survival-guide-self-isolation>

Coping with Coronavirus Anxiety



<https://www.truestudent.com/blog/coping-with-coronavirus-anxiety>

Emerging from Isolation - Coronavirus won't last forever, so how can you prepare?

<https://www.truestudent.com/blog/emerging-from-isolation>

- There is a new offering for **students struggling with mental health** and run through NHS24 in Scotland:
<https://breathingspace.scot/living-life/>
- The Wellbeing Team have shared a number of links to online health and wellbeing support:
 - <https://mentalhealth.org.uk/coronavirus>
 - <https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/>
 - <https://www.cwmt.org.uk/mental-health-coronavirus> (this one is particularly recommended by the Wellbeing Team)
- Red R are providing free online training to the general public to help them understand how to stop misinformation, understand how to prevent disease spread, and caring for mental health: <https://www.redr.org.uk/Training-Learning/Covid-19-Training>
- There is a new initiative from the collective of Scottish Government, NHS Scotland and the Samaritans:
<https://clearyourhead.scot/>

Mindfulness

More mindfulness: The mindfulness virtual drop-ins are here:

<https://www.ed.ac.uk/chaplaincy/mindfulness-and-wellbeing/mindfulness-virtual-drop-ins>

UoE and NHS Lothian members can subscribe to receive the drop-in weekly by email, by contacting mindfulness@ed.ac.uk.

**

Chaplaincy Podcasts

Let's Talk, the popular podcast series hosted by The Chaplaincy has returned for a new series 'Life in Lockdown'. The podcast aims to share experiences in this extraordinary period of Covid19 social distancing. We are all in this together, but in vastly diverse circumstances, and it is so interesting to hear from one another about these. [Available here](#) and also on the University Apple Podcasts site. Blogs, <https://www.ed.ac.uk/chaplaincy/for-times-like-these>

**

Student Focus Groups- Gender Based Violence

Please find information about a range of focus groups for students being organised by #Emily Test to help better understand experiences of GBV on campus. The events are voluntary but come with a £15 JustEat voucher and #EmilyTest would be grateful if you could advertise them to your students. <https://www.eventbrite.co.uk/o/poppy-gerrard-abbott-20168824368>

**

Lockdown Buddies by UoE Students

Lockdown Lounge International Buddy Programme 2020': a platform where students can be paired over Skype with at least one student from other lockdown cities for cultural exchange, language learning, and mutual emotional support. It is completely non-profit and is run by student volunteers



from the University of Edinburgh and the University of Hong Kong. To join the programme, students would need to do 1 act of kindness - either donate to the effective charities which fight against coronavirus (no affiliations with them), or sign up to be an online volunteer.

<https://lockdownloungeint.wixsite.com/website>

**

Police Campaign

A new information brief on what to do if you need [urgent police help through the 999 service](#), but can't speak

**

KEEP ACTIVE

<https://www.ed.ac.uk/sport-exercise/keep-active>