

Student Support and Wellbeing



The University has a wide range of easily accessible and confidential support services available to all our students.

It is not unusual to face challenges, whether they are social, physical, psychological, academic or a combination of these. Please do not be afraid to ask for support. To ask is a strength and, with your permission, we will work with you and encourage you to develop greater resilience and independence.

The 'SIZ' can advise you on all the services available to you as well as how to access them. You can also drop in to one of the daily Wellbeing Pop-ups or Student Health drop-ins without an appointment, or phone or email the service direct.

Our services are confidential and are staffed by experienced advisors who will listen to you, engage with your needs and help you work through any challenges you may be facing.

SUPPORT AND INFORMATION ZONE (SIZ)

The Support and Information Zone is your first point of contact for many University services and is available for extended hours, weekdays and weekends, to support and advise you. Our aim is simple – to help you in every way we can and add to your student experience.

The SIZ is also our main reception area and is physically located within our Learning Resource Centres on both campuses, but is also accessible via telephone 01243 816222 and email help@chi.ac.uk

You will find friendly supportive staff who are able to assist with many aspects of University life including: general IT and library support, queries relating to Academic Registry or Finance and appointment bookings for a full range of dedicated student support services.

CONTACT US: +44 (0)1243 816000 | help@chi.ac.uk

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The information in this document is correct at the time of printing. For the most up-to-date information, please refer to our website.



DISABILITY AND DYSLEXIA SERVICE

The Disability and Dyslexia Service provides a range of support and guidance to students with disabilities, continuing health conditions, autistic spectrum conditions, specific learning difficulties and any additional needs that require support or adjustment in teaching, learning and exams.

We advise you to disclose relevant information concerning additional needs arising from any disability, health-related condition or specific learning difficulty. Telling us about your needs allows us to consider what adjustments might need to be made to ensure your needs are met, including specific accommodation requirements in Halls. Any information you disclose to the team is treated as confidential.

Disability Team

The Team supports students with disabilities, continuing health conditions and autistic spectrum conditions to enable them to access their courses, to use the University facilities and to be able to live independently whilst at University. The team also includes a Sensory Advisor who provides specialist support to students who have a visual or hearing impairment, such as accessing course materials in alternative formats, using assistive technology and orientation around the campus.

Dyslexia Team

The Dyslexia and Dyspraxia Advisors offer initial screening for dyslexia, dyspraxia and other specific learning difficulties, and assist students to obtain full educational psychology reports, the cost of which are partly subsidised by the University. Further information on this is available from the Disability and Dyslexia Service.

Additional Support

The Service can also arrange for non-medical helper support such as mentors, study skills tutors, note-takers, readers, campus and study assistants, and signers. Some of this support may be funded by the Disabled Student Allowances. Please contact us for further information.

HEALTH AND WELLBEING SERVICES

Student Health

Our Nurse Health Advisors provide an approachable and confidential service with daily drop-in clinics. They offer support and guidance on all aspects of health and wellbeing and they work closely with local NHS services, supporting students with GP registration, sexual health issues, and management of medication. For students with chronic health conditions such as epilepsy and diabetes, individual support plans can be formulated with the student to ensure they are safe and supported whilst at university.

Wellbeing Services

Our Wellbeing Services provide daily, term-time 'Wellbeing Pop-ups' offering you a confidential space to talk through any worries or concerns with a Professional Wellbeing Advisor right there and then. For signposting and access to a range of services including Mental Health, Counselling, Wellbeing Mentoring, Coffee Club, Walk and Talk, MOODfit Workshops, STARS and CALM Groups, Mindfulness, Venture Out, Crafter-noon and much more.

Our Professional Wellbeing Advisors include:

- Qualified Mental Health Advisors offering advice, signposting and skills intervention training to students with diagnosed mental health conditions as well as those experiencing problems such as stress, low mood, anxiety and difficulty coping. Where appropriate they offer short-term brief interventions and also assist students to access NHS mental health services.
- Student Wellbeing Advisors offering a friendly, helpful and confidential service for all students with concerns regarding friends, family or other students, academic issues, stress, anxiety, accommodation, homesickness, bullying and harassment.
- Wellbeing Counsellors offer the opportunity to talk through personal problems and difficulties with a qualified and Registered Counsellor and provide an integrative counselling service including Mindfulness, NLP, CBT, Relaxation Techniques, Professional Resilience training and Solution Focussed Therapy.

If you have an ongoing condition which could affect your ability to study we strongly recommend that you contact us before you start your course so that any reasonable adjustments can be planned with you in a timely way and, if appropriate, a suitable care plan can be drawn up.

STUDENT MONEY ADVICE SERVICE

The University's Student Money Advice Service offers information, advice and guidance on all aspects of student finance and funding including:

- Eligibility for funding
- How and when to apply for funding (and we can help if you experience problems applying)
- Administering the University Hardship Fund
- Offering emergency loans where appropriate
- Helping with budgeting and money management

ACADEMIC SKILLS SERVICE

The Academic Skills Advisor offers workshops and one-to-one advice appointments focusing on the important skills you need to be successful with your studies. Advice is for all students, no matter what level or degree you are studying. Support is available on a range of topics including: planning and writing essays, referencing, time management and organisation, revision, examination techniques, and grammar, spelling and punctuation. There is a team of professional librarians at each site to provide specialist information support, to liaise with teaching staff and students, and to develop and organise the library resources in their subject areas.

CHAPLAINCY

The Chaplaincy is here to support you during your time at the University of Chichester. The Chaplain is here to listen to you, pray with you, discuss life and faith and offer spiritual guidance and support. Chaplaincy events are open to everyone and all students and staff are warmly invited to come along.



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