



cysylltu | connect

CONNECT-Wellbeing

My time so far



What is CONNECT?

Connect is a confidential peer support service that the university has put together to support students on campus or at home. It is a service for any student who needs someone to talk to about anything, ranging from university, home life, or just life in general.

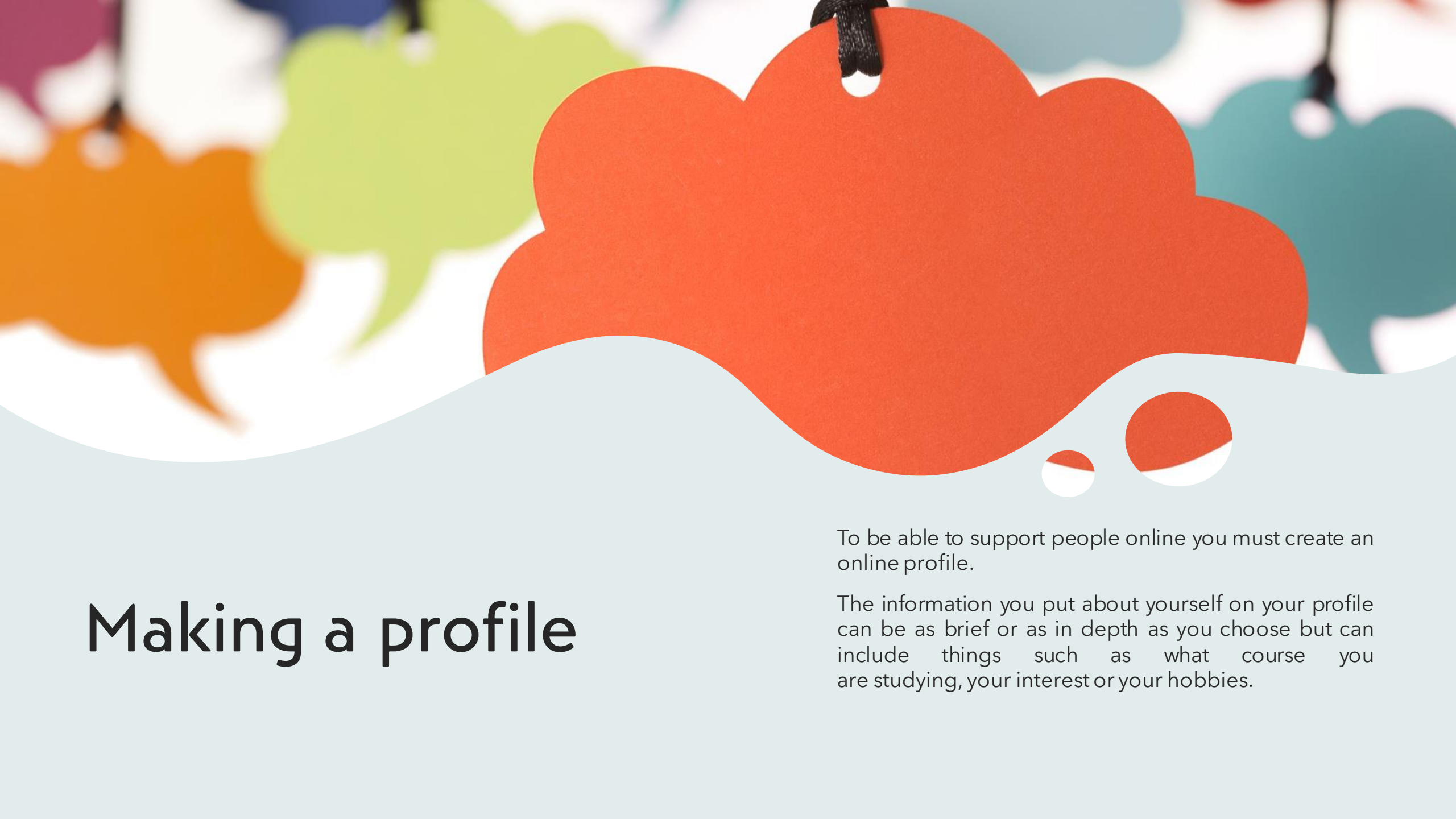
Becoming a student connector

To become a student connector there are first two mandatory training sessions you must attend.

General induction training on the course, this taught me about what connect aims to achieve and actively does so.

Look after your mate training, this aim of this training is to empower students to support friends that may experiencing mental health difficulties, whilst looking after their own wellbeing.

I have not had the experience of supporting a student yet, the website is quiet at the minute. This is expected to change as the academic year continues.



Making a profile

To be able to support people online you must create an online profile.

The information you put about yourself on your profile can be as brief or as in depth as you choose but can include things such as what course you are studying, your interest or your hobbies.



What I do as a student connector

As a student connector my role is to support students in any way that I can, and I cannot do so, try to signpost them to someone who does.

It can be as simple as just listening



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CONNECT IS NOT A CRISIS SERVICE

Although the service is here to help students, it is important to remember that it is not a crisis service.

If someone were to reach out in crisis to a student connector, they would be signposted.



How a student can use the service

To use the service a student can search for a connector relatively easy through the website.

They can look for connectors by which university they attend, what course they are studying or by their interests.



Connect website

The connect website is easy to use and navigate

There is a large range of different resources and organisations that are available for additional support



**Thank you
for listening !**

Any Questions?