

# Well-being

## Well being

Here are 5 ways in which can help you keep track of your well being.

1. **Connect** : its important that we stay connected with friends and family and other peers. By staying connected we can ask for help and support throughout life's stressful times and happier times.
2. **Active**: lets get active. Go on walks, try daily exercises, go running, jogging or even join a sport that you may be interested in. if you feel like you need more of a low-key activity why not try yoga as this can clear an active mind and help you de stress during stressful periods.
3. **Give**: give your time to your chosen course. Make sure you manage your time correctly which can be hard at times. But by given patience to yourself and giving time it can help during the stressful periods. Give yourself time to make friends and enjoy others company. Giving a friendly smile can even brighten others moods as well as your own.
4. **Take notice**: take notice of everything around you. Even though a university can be very overwhelming take notice of all the things we have to offer. It will make it more enjoyable and more fun throughout your time with us.
5. **Learn new skills**: we offer a number of different classes, workshops and many more at our university. Get creative...why not take advantage of our arts and crafts activities we offer. Or get busy with our sports team for more of a physical skill.

We need to here to help you throughout your stay with us and are here for you through your time.

If your struggling with your well being and need advice on who can help or would like to talk to someone here are some ways we can offer this help.

**My hub**: my hub has an app in called well being and support in which offers you support with wellbeing, money matters and also help with scholarships and bursaries.

**Further support and contact details:**

**Mind**: mind is a mental health charity offering support and information.

[www.mind.org.uk](http://www.mind.org.uk)

**telephone 03001233393**

**Nhs**: offer a number of different ways and means to access support you needs for wellbeing.

[www.nhs.uk](http://www.nhs.uk)

**telephone: 111 in no emergencies or your local surgery.**

**Student minds**: is a network set up to support various needs of students

[www.studentminds.org.uk](http://www.studentminds.org.uk)

**telephone: 01133438440**

have you a mobile or computer devise????

**Why not download our MYHWP app today for easy access on links and the information you will need during your time with us here.**



we need to make sure that we look after ourselves whilst being students. Without a healthy mind we can't have a healthy body. Put yourself first and make sure your own personal needs are met.

Being a student can be stressful and har at time. With exam worries and also some time financial worries. We are here to help and there is a number of different ways we can. Remember self-care is an important way to maintain a great balance within your day to day life.



**More helpful information on what we as a university can offer you**

## Student unions

Student unions are here to support your need and give you the correct advice needed. We support your rights and help you with issues you might have. We offer students the opportunity to have their own voice and make sure that they are treated fairly and equally. Offering support around all our universities. We are here to help you.

### **Counselling sessions**

We can offer you support in many different issues you might be experiencing. Our counselling session can be offered to student that need this. Helping you get the correct support you might need. Some student find this a great way of dealing with student issues as well as personal issues they might be going through. Contact you student services for further information.

### **Mental health and well-being drop-ins**

We as a university can allocate you to near by places as well as our university to deal with mental health and well-being. Many students find speaking out helps them get through difficult times. It's important that we don't ignore the problem and get the correct advice and support we need.

### **Together**

Together is a charity run safe community which you can contact for support on issues regarding stress, anxiety, depression and many more. They offer support 24 hours a day, 7 days a week with many different support accesses. They have many helpful suggestions and advice to give you. Check them out or call them on:

<https://together-uk.org>  
telephone : 02077807300

### **Welsh language**

Interested in learning further into the welsh language? Feel you would like to refresh or even start in learning more with further education? Great, our university's offer many different ways and means. Or are you struggling with the welsh language within your course? Don't panic we are here to help. For more details please get in touch or speak to your tutor about more information and help.

<https://uwtsd.ac.uk>  
Telephone: 01267676767

### **Brook Cymru sessions**

At brook Cymru they offer support for young people well-being. They offer you support in matters of sexual health also. The support is free and confidential. They offer support on how we can stay safe online. For much more information and contact numbers please visit : <https://brook.org.uk>

### **Student skills sessions**

Student skill sessions are great to help you deal with student life. They help you enable your abilities to develop yourselves further. By giving you the correct support and advice on how you can excel yourself further. Please speak to you tutor or our help desk and student services on more information on how you can gain access to these services

### **Housing support and accommodation**

Many of our students chose to have accommodation at our Carmarthen location at our main campus. We offer this to new and student that are already part of our university. We find that may find this accommodation suitable to their needs. We also have disability access to students which require this for their personal needs.

We can however offer you outer support. If you find that our campus accommodation isn't for you we can still offer further support. We can help you in the right direction on how you can apply for further accommodation by using our on-campus student support services which can also be found on line via our website or our MYHWP app.

We understand that worries regarding your home and accommodation can be a stressful and anxious time and we are here to help you in anyway we can. Here are some helpful and useful numbers and link to help you with the correct support you need.

For support via our own university website  
[www.uwtsd.ac.uk](http://www.uwtsd.ac.uk)

Carmarthen county council  
[www.carmarthenshire.gov.uk](http://www.carmarthenshire.gov.uk) telephone 03003332222  
family housing association  
[www.fha-wales.com](http://www.fha-wales.com)  
Carmarthenshire turn2us [www.turn2us.org.uk](http://www.turn2us.org.uk)

### **Financial support**

Have you applied for student finances or need more information on how to do so? Here's some helpful information to help you. We know that student life can be expensive and time consuming with both part time and full-time students. There are many different ways in which you can get financial support and help via bursaries and scholarships. Help with travel cost, equipment, accumulation and many more. Don't feel unpressured by financial burdens we are here to support you

### **Bursaries and Scholarships**

We offer a number of different bursaries and scholarships based on your own circumstances.

These include bursaries to help with IT technology, financial difficulties and many more.

For more information:

Student finances wales  
[www.studentfinancewales.co.uk](http://www.studentfinancewales.co.uk)  
telephone: 03002004050

[www.savethestudent.org](http://www.savethestudent.org)  
[www.gov.uk/educations/student](http://www.gov.uk/educations/student)  
[www.uwtsd.ac.uk](http://www.uwtsd.ac.uk)

telephone: 01570422351  
or even access the online MYHWP with a direct link into Bursaries and Scholarships.

Worries about debt or financial struggle or worries??  
We are here to help with our assigned team at the university.

Please contact our student services  
[www.uwtsd.ac.uk](http://www.uwtsd.ac.uk)  
telephone: 01570422351  
or alternatively  
debt help and advice  
[www.moneyadvice.co.uk](http://www.moneyadvice.co.uk)



# **NEW STUDENTS**

