



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.

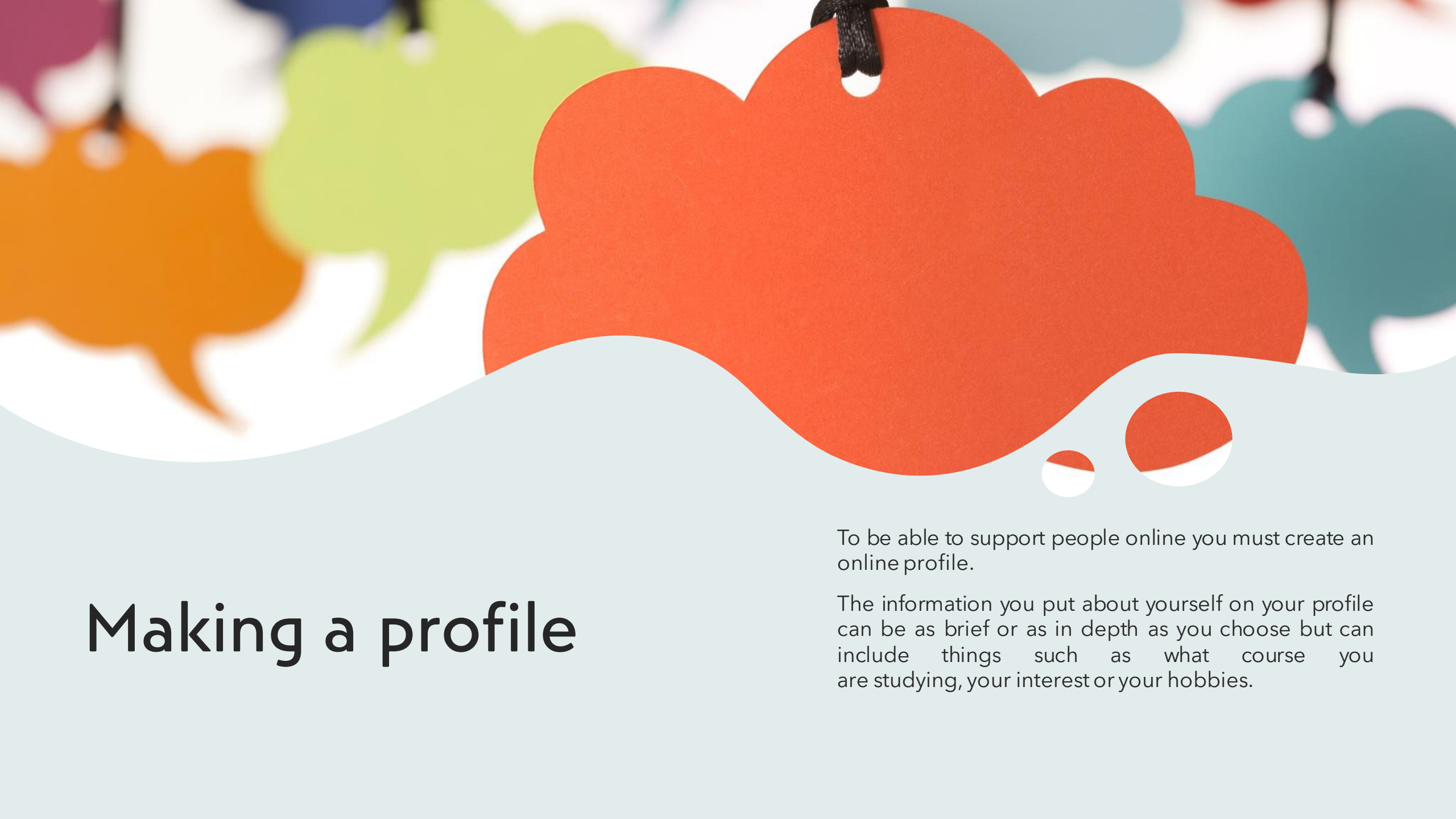
Becoming a student connector

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?



BLANK

Notes

What is CONNECT?

CONNECT is a wellbeing project for university students at Swansea University and University of Wales Trinity Saint David. By working with students and staff, the aim is to enhance wellbeing and create supportive communities, to lay the foundations for lifelong positive and healthy behaviors.

CONNECT offers a peer support service, which is a safe & confidential space for students to talk to other students. Maybe you want to meet someone with similar interests, or you would like some tips on settling into university or you are feeling homesick and just want someone to talk to. CONNECT is training Student Connectors with the skills to engage with and support students who are feeling this way

Becoming a student connector-Training- My experience with connect so far has been a very positive one, although there is not many people using the service at the moment, and I haven't had the experience of talking to someone using the service, but this is expected to change as the academic year continues. I had a general induction training to the course and also a look after your mate training session these training sessions really give me a fuller sense of what connect was all about. I plan to attend an upcoming training session. And There is an upcoming training through a third party called SafeTalk that I plan to attend as soon as the dates become available.

Making a profile- Your profile on the Connect website is important because that is how students find you. When making your profile you can put your interests and also write a bio to tell as much or as little as you want. The benefit of putting your interests in your profile is that when a student is trying to look for a student connector they can search by interests and could possibly find someone with similar interests

What I do as a connector- My role within Connect is a student connector, my role offers a confidential peer support service that the university has put together by Swansea university and UWTSD to support students on campus or at home, if someone is feeling lonely, home sick, stressed with university or home life, anything in general, this service gives any student someone to talk to or someone to signpost them to somebody else that can support them.

Not a crisis service- Through my training I have learned that although I will be here to assist people who are struggling, that it is important to remember that the connect service is not a crisis service. I have learned that if someone were to contact me and were in a crisis, I would signpost them immediately.

How a student can use the service- Using the service is relatively simple for a student, they must first register on the connect website with their university email, following that they can immediately search for a connector to talk to

Connect website- The website has a simple layout and is easy to navigate and find support. It also signposts for additional support via links to various organizations such as addiction support and financial support and many more.