



Support for Students

Student Services Hub

Our friendly and welcoming Student Services Hub Team are your first point of call for enquiries relating to a number of University Services, including Support for Students.

To contact:

Live Chat via your Portal

Email: ask@stir.ac.uk

Web: stir.ac.uk/student-life/support-wellbeing

Tel: 01786 466022

Visit us: Student Services Hub, Campus Central



How Are You?

Mental Health and Wellbeing Support at the University includes:

- Mental Health appointments
- Counselling appointments
- Loch View Wellbeing Space
- 24/7 Student Support helpline on 0800 031 8227

98% of students accessing the services said the mental health support they received improved their overall student experience.



Out of Hours Support

- Student Support are available 9am – 5pm, Monday to Friday (except on public holidays and University closure days).
- Outside of these hours there is a lot of support available to you.
- Visit our Out of Hours Support webpages for more information.

- **24/7 Student Support helpline** (provided by Spectrum Life)

24/7 Student Support is a free, confidential service that provides in the moment emotional wellbeing support to all students.

Call and see how we can help: **0800 031 8227** (freephone)



Support with Disabilities

Accessibility and Inclusion provide tailored support for students with:

- Neurodiversity - such as dyslexia/ADHD/ASD
- Mental health conditions
- Blind or partially sighted
- Deaf or hard of hearing
- Long term health condition

We can help with:

- Disabled Student Allowance (DSA) applications
- Exam and course adjustments
- Support workers
- Assistive technology and reformatting texts



Money Support

- Are you worried about money or struggling financially?
- Are you in need of help to manage your money better?

The Money Support Team can offer:

- Information on eligibility for our discretionary and assistance funds
- Application assistance and financial support appointments
- Budgeting guidance and support



Chaplaincy

We're here for all

- Support and a sympathetic listening ear
- Meet friends for a coffee
- A quiet space
- Explore spirituality

For more information:

Email: Chap1@stir.ac.uk

Web: stir.ac.uk/student-support/chaplaincy

Tel: 01786 467164

FB:UoSChaplaincy

Twitter: @UoSChaplaincy



Care Experienced, Student Carers, Estranged Students

We're here to help

We offer a range of support from the university to help you succeed regardless of your circumstances

- Support available
- Register with Point of Contact
- Email: sssspoc@stir.ac.uk



Report and Support

At the University of Stirling we are committed to taking all steps within our power to prevent and tackle gender-based and sexual violence, and create a culture where tolerance, empathy and mutual respect for diversity are central to all aspects of University life.

- You can report an incident gender-based or sexual violence, bullying, harassment, victimisation or discrimination through Report and Support
- You can find out how to access support, including meeting with one our advisers
- You can find out more about external organisations that can provide support



Student Services Hub



BE THE DIFFERENCE

Student Services Hub for all Support Enquiries.....

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