

# Wellbeing Action 'Toolkit':

Identify potential signs of stress and poor wellbeing in group members:

- e.g. Consistently not turning up to training/sessions

Identify three specific support services (relevant to my group):

#1

#2

#3

Identify specific ways to support your groups wellbeing and mental health:

- e.g. Circulate links to the university wellbeing services once a term



Not sure how to measure the success of the above?

Does it feel unachievable?

Remember... **S.M.A.R.T**

Specific, Measurable, Achievable,  
Realistic/Relevant, Time-bound!

Have you  
selected a  
Wellbeing  
Champion yet?



# Tips and Considerations:

- Is your group known for partying? Our university promotes harm reduction for substance and alcohol use and offers non-judgmental support, for more info on where to find help, visit BDP: [The Drop](#), for guidance.
- Collaborate with your Equality and Diversity Sec to foster inclusivity, and consider the diverse experiences of your group members. Ensure LGBTQIA+, Disability & Neuro-divergence and BAME representation is considered. Feeling seen and accepted by your group will enhance membership wellbeing.
- Provide wellbeing resources in multiple languages; help with transcription is available through your SU, please email us for more details.

## Knowledge Check!



### Remember:

You can't pour from an empty cup!

Make sure your wellbeing is catered for before you help others!

Do you know the following key-terms...



Signposting:

Being knowledgeable and offering clear guidance to your members on navigating the process of accessing university support services



Disclosures:

The act of revealing or sharing personal or confidential information with others (e.g. a member has told you they are struggling with gambling debts)



Wellbeing:

Overall quality of life, which encompasses physical, mental, emotional, and social health



Safeguarding:

Actions and measures taken to protect the safety and wellbeing of others, prevent harm and ensure appropriate support is in place

... And do you know where you can access support from the university?



[www.bristol.ac.uk/students/support/wellbeing/request-support/](http://www.bristol.ac.uk/students/support/wellbeing/request-support/)

To get in-touch with the SU team, please contact: [bristolsudevelopment@bristol.ac.uk](mailto:bristolsudevelopment@bristol.ac.uk)