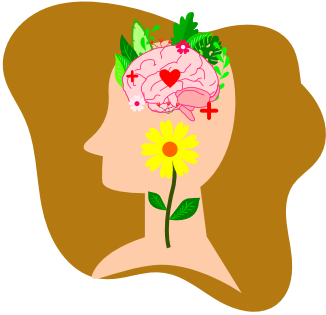


Support Doctoral Students

Health and Wellbeing Support Routes



When a doctoral student declares a health or wellbeing issues

Direct the doctoral student to the Student Life (formally Student Support and Wellbeing) webpages and encourage them to complete the self-declaration form. An advisor will contact them and organise a meeting. If appropriate, they will support them in completing a Tutor Awareness sheet, as well as advise them of other available support.



Tutor Awareness Sheet (TAS) and their relevance to PGR?

Having a TAS means that reasonable adjustments can be made during points of assessment to allow doctoral students to perform at their best. For example, they could apply for online Annual Progress Reviews, Progression Reviews and Viva Voce. Where it is appropriate, extra time can be scheduled for these events so breaks can be taken. Also, extra time can be made available during correction periods following a Viva Voce.

Mental Health and Wellbeing Team

Our Mental Health and Wellbeing (MHW) team can help doctoral students access support for various personal challenges; they have plenty of resources that can help. They offer a safe space to discuss the difficulties the doctoral student is facing. They will ask a few questions about the doctoral student's mental health, mood and studies so that they can better assist. They offer a range of support pathways from signposting, referrals, workshops and 1:1 support sessions.

The Mental Health and Wellbeing Team provide free and confidential advice covering a range of topics, including anxiety, confidence building, depression, homesickness and dealing with suicidal thoughts. Doctoral students can also access guidance for developing positive work, life and study balance.

[Click here for more information](#)



Support Doctoral Students

Health and Wellbeing Support Routes

External, Online Support

The University of Wolverhampton has invested in a newly developed student support platform in collaboration with Care First called WLV Student Life Connect. This is a counselling, information and advice service offering support for issues arising at university, home, or work.

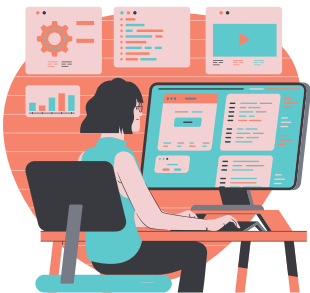
This is a free, confidential, independent, and impartial source of support for all students, including doctoral students. Through Student Life Connect, doctoral students can access advice, guidance, and support on a wide range of issues, including care issues, health issues, benefits and entitlements, relationships, childcare, anxiety, depression and more.

[More information is available here.](#)



When a PGR is struggling to fully participate in academic life.

There are many reasons why PGR may struggle to participate in academic life, including their health and well-being, financial issues or that life gets complicated. This can impact a PGR's motivation and progress. [The Support to Study Process](#) explores pathways to help the student navigate their doctorate in these circumstances.



When you are concerned about a PGR's welfare

There are times when you might be concerned for a PGR's welfare. In these cases, there are three routes that you can take:

1. [Raise a Cause for Concern](#). This is useful when a PGR's situation is complex and a multidisciplinary/across-university approach might be useful. This replaces the welfare check.
2. [Make a safeguarding referral](#) where there are safeguarding concerns.
3. [Crisis Support](#) information is available when a student is in crisis.



For more information contact:

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