

Workshops and Groups



Autism@HudUni

Join others with autism at our weekly lunch club! In this open, relaxed drop-in you can discuss your interests, get instant support from staff and peers, and speak to Advisers about any difficulties you are facing.

Every Wednesday • 12:30 - 1:30 • SC4/24

Food for Thought

Food for Thought is our lunch time group for general support around your mental health and emotional wellbeing. Run by one of our Wellbeing Advisers, this drop-in session allows you to meet others and receive direct support.

Every Monday • 12:30 - 1:30 • SC4/24

Generalised Anxiety Course

Run in partnership with IAPT, this 6-week course looks at the symptoms of long term anxiety (6 months +) and how to manage them with CBT. To join, please contact studentwellbeing@hud.ac.uk or self-refer to IAPT at kirkleesiapt.co.uk and ask to be referred to the course.

Mondays • 10:00 - 12:00

Learn to Like Yourself

In this 4-week course you'll explore ways to grow your self-worth, manage self-criticism and challenge negative beliefs you hold about yourself. To book a place, please contact studentwellbeing@hud.ac.uk.

Fridays • 2:30 - 4:30 • Starting 9 Nov

Wednesdays • 2:00 - 4:00 • Starting 6 Feb

Mindful Meditation Hour

Drop in to Mindful Meditation Hour and help ease your stress, low mood or anxiety.

1:40 - 2:40 • QSA/09 • Thursdays: 4 Oct, 18 Oct, 1 Nov, 15 Nov, 29 Nov, 6 Dec, 17 Jan, 31 Jan, 14 Feb, 28 Feb, 14 Mar, 28 Mar, 4 Apr, 2 May, 16 May, 6 June, 20 June

PGR Support Group

Meet fellow Postgraduate Researchers and staff for helpful discussion in areas such as time management and boosting your wellbeing.

1:00 - 2:00 • SC4/24

Oct - July: last Friday of the month

Aug - Sept: last Tuesday of the month

Pause for Being

Join our intensive 8-week course in mindfulness-based meditation and movement, run by one of our trained counsellors. Book your place via counselling@hud.ac.uk.

Wednesdays • 5:00 - 7:00 • Starting 3 Oct

Learning to Pause

This 4-week mindfulness course will help you learn methods to decrease your stress levels, boost your mental wellbeing and learn to be more present. To find out more or to book your place, please contact counselling@hud.ac.uk.

Trans* and Gender Group

Our monthly support group for trans* students and those questioning their gender identity. Meet in a safe, supportive environment. For full details, please contact l.m.gray@hud.ac.uk.

Second Thursday of the month • 5:00 - 6:00