

# Get Set Goal

## Signposting Information Leaflet for External Providers



The Health and Wellbeing Academy, University of Huddersfield are pleased to be able to offer Get Set Goal a student-delivered health and wellbeing support service.

We are working with a small number of providers to raise awareness of the service with the aim of developing the service incrementally.

### Who is it for?

This is a service run by a small number of healthcare students from the University of Huddersfield (supervised by registered health care professionals) offering a series of online appointments over 4- 6 weeks of up to 45minutes, (please note individuals must be over 18 years old).

Individuals self-refer and the aim of the service is to provide 1-1 personalised support to help people identify and work towards goals to improve their wellbeing.

The student is supported by a supervisor who is a registered health professional, all referrals will be assessed using evidence-based tools. At each subsequent appointment there will be a wellbeing check in. Coaching and supportive conversations will enable the individual to identify and work towards achievable goals to improve their wellbeing over a 4- 6 week period.

**There will also be the option of attending complimentary wellbeing workshops delivered by the students on the University campus and at community venues.**

The service is not designed to be able to provide treatment for complex mental health issues, or be accessed instead of primary and secondary mental health services but can provide additional support that is complementary to existing mental health services.

### Where are the appointments to be held?



The service begins week commencing 11th April 2022.

Appointments will generally be offered Monday to Friday, 10am to 3pm (excluding Bank Holidays).

Further dates and sessions will be available throughout the year, and you will be advised of this. In due course information about this service will be available on the Health and Wellbeing Academy website.

For more information, please contact Health and Wellbeing Academy  
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