

Information for students who are pregnant

If you are pregnant it is important that you contact **Student Wellbeing Services** so you can seek advice and support about your next steps.

This information will be dealt with sensitively and we only share information with your consent. **It is important you tell us if you are pregnant so we can ensure the health and safety of you and your pregnancy.**

Wellbeing Checklist

- ☐ **Read the Heriot-Watt Maternity/Paternity Guidelines**
bit.ly/HWUmatguidelines
- ☐ **Arrange an appointment with Student Wellbeing Services**
by emailing studentwellbeing@hw.ac.uk or call 0131 451 3386.

Appointment information

Date:

Time:

- ☐ **Attend appointment with Student Wellbeing Services**
to discuss next steps and ensure any support you might find helpful can be put in place. At this meeting you can seek guidance on your particular circumstances.
- ☐ **Download the HW SafeZone app, so you can seek emergency or medical assistance on campus, if required**
- ☐ **Register with a local GP**
Are you registered with a GP? If not, details about how to do this can be found at bit.ly/HWregisterGP

- ☐ **Seek guidance from your Personal Tutor regarding your academic options**
- ☐ **Health and Safety**
You should make your academic supervisor aware that you are pregnant so necessary risk assessments can be completed for you and your pregnancy. Make yourself familiar with the University risk assessment process and those applicable to any activities you are involved in. Follow any direction or instructions deemed necessary by risk assessment outcomes. Please make your academic supervisor aware of any medical conditions that may impact on an activity or be a potential hazard
- ☐ **Make yourself familiar with the rest and feeding facilities on campus.**
You will be shown these during your appointment with Student Wellbeing
- ☐ **Make yourself familiar with the Mitigating Circumstances policy**
If your pregnancy or maternity affects examinations or assessments you should submit an application with supporting evidence.
- ☐ **Notify the University in writing at least 15 weeks before you intend to take Maternity Related Absence**

I confirm that I have read and understood the Wellbeing Checklist and the steps I must now take

Student Signature

Date:

Wellbeing Staff Signature

Date:

Notes