

## Wellbeing

Your wellbeing is important to us! SU Advice understands that life at university can be stressful sometimes. Whether you're struggling with depression or anxiety, or you feel that you are being bullied, you're worried about your sexual health, or just need to say hello to a friendly face, YOUR SU is here to listen to you. We want YOUR student experience to be the absolute best it can be, so please don't suffer in silence.

## Mental Health

Whilst we can and will talk to you about your mental health, we're not trained counsellors. But, if you want additional support for your mental health, then we can signpost you to other services.

If you're struggling with your mental health or would like to develop some helpful strategies to help you deal with stressful periods in your University or home life, then the Student Services team at the University can help.

### **The team offer regular workshops on the following topics:**

Coping with stress

Relaxation

Self esteem

Anxiety management

### **The Disability & Wellbeing team also offer drop-ins in the Infozone at the following times:**

Mondays – 3:30pm – 4:30pm

Tuesdays – 1:00pm – 3:00pm

Fridays – 2:00pm – 3:00pm

You can also book a 1:1 appointment with either a Disability and Mental Health or Disability and Wellbeing Adviser [here](#).

If you think you might need Counselling, then the University provides a counselling service. You can self-refer for Counselling by picking up a form in the Infozone. You don't need to speak to an Infozone adviser to get one.

### Who to contact in a Mental Health Crisis?

The following contacts are useful if you need to talk to someone about how you're feeling outside of normal office hours.

**Samaritans Freephone** - Call: 116 123 Email: jo@samaritans.org

**Papyrus Hope line** - (Young people up to age 35)

Call: 0800 068 4141 Text: 07786209697 Email: pat@papyrus-uk.org

**Mind - Infoline:** 03001233393 Text: 86463.

Mind is a nationwide charity who provide advice and support to empower anyone experiencing a mental health problem. The Mind website has some amazing resources and information about all types of mental health conditions and wellbeing challenges. You can find more information on their website here. <https://www.mind.org.uk/>

**On Campus** - If you're on campus and need urgent help for either yourself or a friend, please contact Campus security on 01473 338999.

If you feel like you are in **urgent need** of help, then please do not hesitate to use the contacts below or go straight to your closest A&E Department.

**Emergency Services 999** - If you require immediate medical attention (either mentally or physically) or if you or anyone else around you are at risk of immediate harm, please call Emergency Services on 999.

**NHS 111** - If you require non urgent medical advice, then call the NHS non-urgent helpline on 111.

## Self-Care Apps

We have also compiled a list of useful and, most importantly FREE apps that can help you cope with stress, anxiety, **mindfulness** and depression.



### Smiling Mind – Free

No in app purchases or adverts. Contains plenty of exercises based on using mindfulness in all aspects of your life. This includes eating, managing stress and anxiety and in exercise too.



### Inner Hour – Free

No in app purchases or adverts. After answering questions, the app will direct you to short courses based on the issues you are having, whether these be based around anger, stress or anxiety. You can record how you are feeling about each aspect of your life within the course. It is useful to find out more about how to cope with your experiences.



### Mindshift – Free

No in app purchases or adverts. Mood tracker based on how you are feeling in general, but also how your anxiety levels are. Based on this you can access a quick relief mindfulness task or read onto the summary to gain access to more options. These include information on your experiences and ways to cope with how you are feeling right now.



### Moodpath – Free

No in app purchases. A mood tracker app that is simple and effective. Contains videos about aspects of life including tackling overwhelming emotions and building self-confidence.



### Calm Harm – Free

No in app purchases or adverts. This app will help you to ride the wave that hits when you look to harm. Short and longer distraction techniques can be used quickly to help you when you are in need.



### Headspace: Meditation, sleep, relax - Free

HEADSPACE

Basic meditation free, but If you have Spotify Premium, then you can get full, free access to headspace! -

[https://www.spotify.com/uk/headspace/?\\_ga=2.77270421.1603972772.1557489765-208789160.1557489765](https://www.spotify.com/uk/headspace/?_ga=2.77270421.1603972772.1557489765-208789160.1557489765)

An interactive app that helps with mindfulness, medication and sleep.



### Student Health App - Free

No in app purchases. This app aims at providing support, information and advice on over 125 topics with tips at staying healthy, not just physically but mentally.



### Daylio – Free

Contains in app purchases and adverts. Daily mood tracker, diary and journaling app.



### Pacifica - Free

Anxiety, Stress and Depression – this free app has plenty of tools to help manage your stress and anxiety with the added bonus of an online community.