

Look After Yourself

Ways to keep calm in exam season:

- Keep your room/study area tidy
- Get a good night's sleep
- Eat properly
- Exercise
- Take regular breaks when revising
- Create a revision plan

Grounding yourself in a stressful situation:

- Take deep breaths and focus on your breathing
- Try closing your eyes and focus on a peaceful memory or place
- Listen to some music you find relaxing
- Write down your thoughts and feelings
- Talk to a friend about your issues
- Drink water

It's important to look after your own Mental Health. Should the above methods not work, put your Mental Health first and move yourself to a more comfortable location.

Long-Term Treatment:

Self referral to the Student Wellbeing Team or talking to your GP is an important part in the long term treatment of your mental health. These services can ensure you receive the best treatment and begin your recovery.



Helplines

Samaritans (116 123)

A listening and advice line for people who feel suicidal or are struggling to cope. Lines are open 24 hours a day, 7 days a week.

Leeds Nightline (0113 3801285)

A confidential listening and information line open to students in Leeds. Lines open 8am to 8pm during term times.

Muslim Youth Helpline (0808 808 2008)

A free, confidential service offering support for people in the Muslim community. Lines open 4pm to 10pm, 7 days a week.

BEAT Eating Disorders (0808 801 0811)

A charity offering a student support line for people who have, or are worried that they have an eating disorder. Open weekdays 12pm to 8pm, weekend and bank holidays 4pm to 8pm.

Switch Board LGBT (0300 330 0630)

Support and referral service for LGBT community and any-one having issues with their sexuality or gender identity. Lines open 10am to 10pm, 7 days a week.

Connect Helpline (0808 800 1212)

A helpline for people based in Leeds, offering support for people in distress. Lines open 6pm to 2pm, 7 days a week.



B Calm Campaign 2019

Ran by students, supported by Leeds Beckett Students' Union.

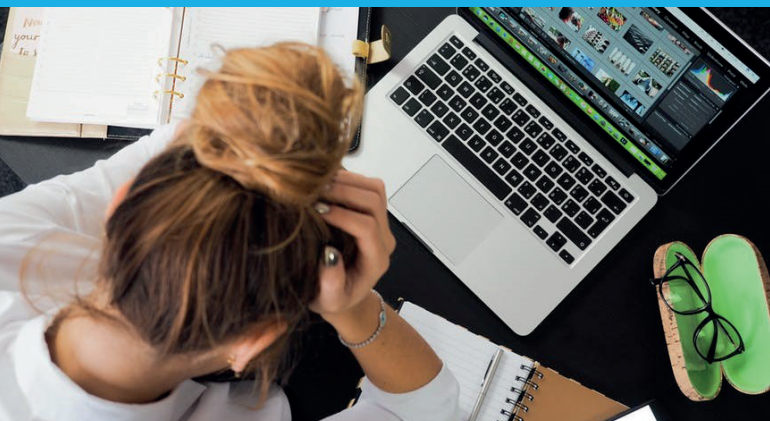
Student Mental Health Guide

A guide to staying calm at University and the student services available.



About Mental Health

Mental health is often overlooked in comparison to physical health. However, if problems are ignored they can have a major impact for the person and those around them. All mental health issues should be taken seriously and are best treated as soon as possible to stop them from developing into something more severe.



The Mental Health Stigma

Mental Health issues have a stigma attached to them and mental health conditions can be seen by others as a weakness or something to be ashamed of – this is not the case!

Mental health issues affect a lot of students and can affect any-one regardless of age, race, gender or social background. All mental health conditions, no matter how seemingly mundane, should be taken seriously, and it's important to understand that a person suffering is not to blame and that help is available.

Common Types Of Mental health conditions:

- Depression
- Anxiety
- Suicidal Thoughts
- Eating Disorders
- OCD

Services at University

University is a stressful time for many students. It's important to manage this stress effectively to stop it developing into something worse. The Leeds Beckett Students Hub offers students a range of support from financial issues to childcare.

Student Wellbeing Team:

The Student Wellbeing Team is made up of a highly skilled set of Mental Health professionals who specialise in student wellbeing. They offer appointments at both campuses, offering the following services to students; confidential support and advice, 4 session counselling, and help resolving academic issues caused by your mental health.

Students who sign up to the service will have an initial wellbeing consultation, allowing the team to understand your issue and ensure that you get the most appropriate support. For more information, visit: leedsbeckett.ac.uk/student-wellbeing-team



Leeds Beckett Students' Union:

The Students' Union offers student's advice on mental health on their website, including links to useful self help booklets and helplines. The union also offers an advice service, who can help with applying for mitigation and other academic procedures. Visit leedsbeckettsu.co.uk/advice to find this info.

I'm Worried About A Friend

Signs That A Friend May Be Having A Difficult Time:

- They've become distant from you and others
- They've been skipping University
- They've been keeping to themselves
- They do not seem their normal self



What To Do If Your Friend Is Suffering:

If you think a friend may be suffering from a Mental Health issue, there are a range of things you can do. It's important to remember that you are not responsible for someone else's mental health. However, should you be worried for a friend, you can talk to the Student Wellbeing Team about a student without naming them. This will provide you with tips on how to deal with the situation and get your friend the treatment they need.

Contacting a Support Helpline will also provide you with tips on how to support a fellow student.

What To Do If Your Friend Is Stressed:

- Engage with your friend by watching a movie or listening to music
- Listen to your friend's problems confidentially and don't judge
- Help them with work or deadlines by organising their time.