



MIND

YOUR

head

A student
guide to
mental
health

help

GOTTA

What is good mental health?

Having good mental health means feeling positive about yourself, being able to cope with everyday pressures and being able to form and maintain relationships.

We accept the importance of looking after physical health. But it's just as important to look after mental health. In fact, physical health and mental health are closely related. Poor mental health can lead to poor physical health and physical health problems can affect your mental health.



Useful information, including a directory of services, is available at: www.mindingyourhead.info



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Student life

Most of us go to university or college hoping that it will lead to a good career and enjoyable job for us somewhere in the future. Our more immediate priorities, though, are usually leaving home for the first time, settling into a new place, making friends and going out. For some, finding time for work to help support their income is an extra factor to add to the balance. There are many reasons you could find yourself getting stressed out. These stresses may cause different emotions.

**Can't concentrate? Short tempered? Lacking energy?
Panicking? Not eating right? Can't sleep?**

These can be normal, but how do you recognise a problem? Anyone can experience a range of emotions, from being on top of the world to feeling like things can't get any worse. It's when these feelings become extreme, are present more often than not or when they adversely affect your life that they start to become a problem.



Don't be afraid to live life your way.

Make your own decisions for yourself – not because you think it's what others expect of you.





Example: Dan's on a downer because he's just been dumped. **Normal!**

Three months later Dan's stopped going out with his mates and rarely leaves the house.

Problem!



For more information about budgeting and financial support go to:
www.studentfinancenl.co.uk
or www.citizensadvice.org.uk

Money

Learning to live on the cheap can be what student life is about for many people, and most students find that funds are limited.

Student loans and overdrafts can help, but make sure you think carefully before getting into debt and that you understand the terms of any loan or credit card before agreeing.

Work

Work can help your finances, but try not to take on so much that it affects your studies.

Money problems can be stressful, but don't let them get you down. Take control of your financial situation by:

- **applying for your funding early;**
- **working out a realistic budget (and sticking to it);**
- **finding out if you're entitled to a student grant;**
- **keeping track of your finances.**

Get help!

If things do start to go a bit pear-shaped and you find you can't manage your finances, **don't ignore the situation.** Talk to student support services or your bank manager as soon as you can – they are there to help.

Body image

Being happy and at ease with the way we look is a healthy body image. There are a number of factors that influence our body image, and many of these come from the media and from society. Sometimes these influences can be unrealistic and can have a negative impact on our body image, making us think that we are worth less than we are. We are all individuals, we are all different. Be healthy, have a positive body image and learn to accept and embrace who you are.

A healthy diet and plenty of physical activity can improve your health, confidence and wellbeing.



For further information visit
www.adaptingeatingdistress.com or www.eatingdisordersni.co.uk



Eating disorders

Eating disorders are a group of illnesses where a person's perception of their body shape and weight becomes distorted. Avoid using food to deal with feelings of stress, loneliness, boredom, anxiousness, anger or sadness, as this can lead to problems with food.

- People with eating disorders often have a very poor body image as well as low self-esteem.
- People with eating disorders often see the use of food as a way of staying in control of their life, but over time, similar to the misuse of alcohol or drugs, the eating disorder takes control.
- Eating disorders can stem from relationships, abuse, bereavement, problems with study or work, low self-esteem or low confidence.

While eating disorders most often affect young women between 15 and 25, they can affect anyone regardless of age, gender or cultural or religious background.



For further information on housing
and accommodation visit www.shac.org.uk

Home life

Whether you live at home or with other students you might find your home life is becoming hard work. Living at home with your family may ease the financial burden but mean you're having trouble fitting in with university culture and making new friends. Or maybe you feel you're still being treated like a kid.

Sharing with other students can be exciting but it can also bring added pressures such as being new to an area, dealing with landlords, paying bills, or never getting any space or time to yourself.

Each situation has its advantages so try to focus on the positives and strike a balance.

Communication

- **respect the people you live with, whether they're your parents, family or flatmates;**
- **be aware of other people's concerns about your safety and the stuff you get up to inside and outside the house;**
- **remember it's a changing time for everyone so some new ground rules could help get the right mix for all.**

Arguments

Disagreements are normal and can even be healthy, but too much conflict can become a big burden. Approach arguments sensibly and you'll find a solution more easily.

- **Talk the issue through calmly and listen to their point of view.**
- **Be prepared to make deals and meet them half-way.**



Getting involved

Whatever your living situation, you might feel alone, isolated and lonely. Universities and colleges have clubs, groups and societies for just about everything. They are an excellent way to get involved with campus life and make new friends. Whether it's music, drama, dance, politics, sport or religion, whatever, there's likely to be a club for it (or why not start one?). If you join one of these clubs then chances are you'll meet some like-minded people.

Attending induction courses and receptions run by your department is another opportunity for getting to know people on your course who you already have something in common with.



For further information on your local clubs, groups and societies visit www.nistudents.org





Family issues

Whether you live at home or not, family problems such as parental break-ups or domestic violence affect how you feel and your work.

Parental break-ups

- Arguments, moving house and the prospect of seeing less of one or both of them can make it especially tough on you.
- Let your college or university know what's going on. They may make allowances if your grades are slipping.
- It is normal to feel angry, sad and generally upset. Get extra support from other relatives, mates and tutors.
- Don't end up being a go-between or try to do the talking for them – you've got enough on your plate.

Domestic violence

If you are worried that you or someone close to you is a victim of domestic violence contact the

domestic violence 24hr helpline on 0800 917 1414.

For further information on relationships
visit www.relateni.org





Feeling down



Sometimes our problems can seem so overwhelming that we can't see a way past them and start to lose hope in the future. If you or someone you know is so down that they can't cope with everyday life, help is needed – and more importantly available. Talk to someone you trust as soon as you can. Ignoring the problem can make it worse and can have serious consequences.

Signs of a potential mental health problem include:

- change in mood;
- disturbed sleep;
- disturbed eating patterns;
- lack of care for personal appearance or personal responsibilities;
- unusual behaviour;
- recurrent physical symptoms;
- increased use of alcohol or other drugs;
- talking about not wanting to live.

Self-harm

Unfortunately there are times when we don't feel able to talk to anyone about what is bothering us, leaving us feeling helpless and hopeless. Sometimes harming ourselves appears to be the only way of coping with whatever is going on in our lives; this is sometimes referred to as self-harm.

If you feel like hurting yourself you need help with whatever is causing you to feel so desperate.



For further information on mental health issues visit www.mindingyourhead.info or www.mentalhealth.org.uk

Suicide

It is very important to know that if you are having thoughts of suicide you need help and support to deal with whatever is causing you to feel this way.

Remember you are not alone and there are people who can help you find a solution and work through your problems, no matter how difficult they may seem – talk to someone you can trust and tell them how you are feeling. This might be a friend, family member or your GP.

If you feel that you can't talk to anyone you know or would prefer to talk to someone anonymously, phone a helpline such as

Lifeline on 0808 808 8000 (24 hours a day and free from land lines and mobiles), or

Samaritans on 08457 90 90 90 (24 hours a day).



Worried about someone?

Everyone goes through tough times and can experience periods when things seem hopeless. If someone tells you that they are thinking of suicide, take them seriously. Hearing this can make you feel overwhelmed especially if your friend is upset and angry.

If they ask you not to tell anyone else explain to them that you can't keep this to yourself – if they didn't want help, they wouldn't have told you. Suggest to them that they need to get help and support – maybe offer to go with them.

Remember it is important to look after your own mental health, not take on more than you feel comfortable with and to talk to someone about your concerns.



If you have been affected by the death of someone through suicide and would like to talk about it, there are organisations that can help you.

Visit the directory of services at

www.mindingyourhead.info

or call Lifeline on 0808 808 8000.



Talking and listening

Talking to someone can be a great way of putting your thoughts in order and getting problems off your chest. Talking can help you understand what's going on in your head. Find someone you can talk to. This might be a mate, a family member or your doctor, or you may prefer to contact a confidential helpline like

Lifeline on **0808 808 8000** or **Samaritans** on **08457 90 90 90** (24 hours a day).

Student support services are also available, see the back of this book for further information.

Part of being a mate is listening to your friends' worries and stresses, but know your limitations. Don't take on more than you can handle.

Tips

- talking about problems can be the first step to sorting them out;
- people talk when they are ready;
- don't interrupt – let them have their say;
- look at them while they talk;
- advice can be useful, but listening is often best;
- be prepared to help your mate access other forms of help;
- listen without judging.

Talking through problems with friends might be enough, but sometimes professional counselling is needed.



FF



...Talk



quiet



HELLO
HELLO
HELLO

Stressed out?

Everyone needs some time out for themselves to do something they enjoy. It is easy to forget to make time for yourself when things get stressful.

Reduce stress and blow off some steam by:

- getting active;
- playing sport;
- playing a game of pool;
- going for a coffee;
- reading a book;
- listening to music;
- going for a walk;
- or whatever works for you!

Chilling out with mates is good, but be careful with alcohol and other drugs if you're feeling stressed. It may seem like they're helping, but they just mask the symptoms. They can't help deal with the problem and will just make things harder in the long run.

Alcohol

You may think that alcohol helps you cope with difficult situations and emotions, reduce stress or overcome inhibitions. However, alcohol is in fact a depressant and associated with a range of mental health problems including depression and anxiety.

Drugs

Similarly, using drugs often has unexpected negative consequences. Cannabis use, for example, has been linked to the development of mental health problems such as depression and schizophrenia.



For further information on alcohol or drugs visit
www.knowyourlimits.info or www.talktofrank.com
Alternatively call the National Drugs Helpline on 0300 123 6600.



Sex and relationships

Enjoying a sexual relationship can be very rewarding and satisfying when it is consensual. If either person is not comfortable or isn't sure, there is nothing wrong with saying no. It is never acceptable for a person to force you into participating in sexual activity if you don't want to. Avoid any misunderstanding – talk about it first!

Lasting relationships thrive on good communication. Get talking – let each other know what you want, don't want and how you feel.

Contraception

Aside from STIs and HIV, unprotected sex can lead to unplanned pregnancy.

There are about a dozen contraception methods that can help prevent pregnancy. If used properly, the most effective forms are the pill, contraceptive injections, implants, IUD/IUS and condoms.

STIs and HIV

These are a very real danger, so always remember to look after yourself and reduce your risk of infection by:

- using a condom every time you have sex;
- limiting your number of sexual partners;
- having regular check ups.



For the best contraceptive method for you, visit your student health centre, family planning clinic or your GP.



Sexuality

It isn't uncommon to feel attracted to people you are close to or respect even if they are of the same gender. This may or may not mean that you are lesbian, gay or bisexual. Some people may know from a young age that they are attracted to people of the same sex, but many others aren't sure until later in adolescence or even adulthood. This may even change with age. If you are confused, then you are not on your own!



For further information visit
www.cara-friend.org.uk or www.rainbow-project.org



Fight fear and prejudice

Even though one in five of us will experience a mental health problem, it can be a very isolating experience. Some people may feel ashamed, embarrassed or frightened about mental health problems. As a result, many mental health problems go undiagnosed and untreated.

It's just as important to be there for your mates if they need it – knowing you're there just might make all the difference.



Taking control



We're all different

What's good for one person isn't always good for another. Don't give up until you find what's best for you.

Know yourself

Know your limits, strengths and weaknesses. What keeps you happy? What gets you down? Use this knowledge to plan ahead and take control of your mental health.

Check yourself

How do you feel? Identify any problems and take action to deal with them. If you feel you can't cope on your own, get help.

Choices

Think carefully about how the choices you make affect your life. Try and work out what's best for you, and don't let fear of mucking up stop you from doing things. Sometimes "mistakes" are unavoidable. Put it down to experience and move on.

Have a laugh!



Some useful contacts

Alcohol and drugs

Alcoholics Anonymous

Tel: 028 9043 4848

Web: www.alcoholics-anonymous.org.uk

Helpline: 0845 769 7555

National Drugs Helpline/Frank

An A to Z of drugs.

Tel: 0800 77 66 00

Text: 82111

Web: www.talktofrank.com

Bereavement

Cruse Bereavement Care

Provides support to people who have been bereaved by the death of someone close.

Tel: 028 9079 2419

Helpline: 0844 477 9400

Email: northern.ireland@cruse.org.uk

Web: www.cruse.org.uk

Children/young people: www.rd4u.org.uk

Eating disorders

Adapt eating distress association

Promotes awareness of eating disorders and provides support for sufferers and carers.

Tel: 028 3834 7535

Helpline: 028 3834 8869

Youthline: 028 3832 3895

Email: info@adapteatingdistress.com

Email: support@adapteatingdistress.com

Web: www.adapteatingdistress.com

Eating disorders drop-in centre

Advice and support for people suffering from eating disorders.

Tel: 028 9023 5959

Email: mailtoedani@fsmail.net

Web: www.eatingdisordersni.co.uk

Finance

Student Finance NI

Delivers financial support to students who normally live in Northern Ireland.

Tel: 0300 100 0077

Web: www.studentfinancenl.co.uk

Housing & accommodation

Housing Advice NI

Tel: 028 9024 5640

Email: hrs@housingrights.org.uk

Web: www.housingrights.org.uk

Web: www.housingadviceni.org



SHAC Housing Association NI

Tel: 0845 074 3431

Fax: 028 9033 3724

Email: enquiries@shac.org.uk

Web: www.shac.org.uk



Mental health

Action Mental Health

Services for people with mental health difficulties.

Tel: 028 9182 8494

Web: www.amh.org.uk

Aware-Defeat-Depression

Local support group for people suffering from depression.

Tel: 028 9035 7820 or 028 7126 0602

Helpline: 0845 120 2961

Email: info@aware-ni.org

Email: help@aware-ni.org

Web: www.aware-ni.org

Beating the blues

Online cognitive behavioural therapy programme. For more information visit www.beatingtheblues.co.uk

CAUSE

Provides support and education for relatives and carers of persons with mental illness.

Tel: 028 9065 0650

Email: info@cause.org.uk

Web: www.cause.org.uk

Lifeline

Calls are free and answered by trained counsellors experienced in dealing with suicide, self-harm, abuse, trauma, depression and many other issues. Lines are open 24 hours a day, 7 days a week. Calls are free from landlines and mobiles.

Tel: 0808 808 8000

Web: www.lifelinehelpline.info

MindWise

Offers support for sufferers of severe mental illness and their carers and families.

Tel: 028 9040 2323

Email: info@mindwisenv.org

Web: www.mindwisenv.org

Northern Ireland Association for Mental Health

An umbrella body dealing with mental health problems.

Tel: 028 9032 8474

Email: info@niamhwellbeing.org

Web: www.niamhwellbeing.org

Praxis

A provider of services for people with a learning disability, mental ill health and acquired brain injury.

Tel: 028 9023 4555

Email: info@praxiscare.org.uk

Web: www.praxisprovides.com

Samaritans

Confidential emotional support 24 hours a day to those in crisis and in danger of taking their own lives.

Tel: 028 9066 4422 or 08457 90 90 90

(Check the phone directory for your local branch)

Text: 07725 909090

Email: jo@samaritans.org

Web: www.samaritans.org

Sex and relationships

Genito urinary medicine (GUM) clinics

For information or advice on sexually transmitted infections (STIs) or to discuss any issue on sexual health, contact your local GUM clinic. GUM clinics also provide check-ups and treatment.

Royal Victoria Hospital Belfast

Tel: 028 9063 4050

Altnagelvin Hospital Londonderry

Tel: 028 7161 1269

Causeway Hospital Coleraine

Tel: 028 7034 6028

Daisy Hill Hospital Newry

Tel: 028 3083 5050

Downe Hospital

Tel: 028 4483 8133

Nurse advice line: 028 4483 8392

Positive Life

Offers support and advice on HIV/AIDS and general sexual health.

Tel: 028 9024 9268

Helpline: 0800 137 437

Email: Info@positivelifeni.com

Web: www.positivelifeni.com

Brook Belfast

Health advice and services for young people.

Tel: 028 9032 8866

Email: brookniadmin@brook.org.uk

Web: www.brook.org.uk

Family Planning Association Northern Ireland

Advice and information on sexual health and contraception.

Helpline: 0845 122 8687

Web: www.fpa.org.uk

Cara Friend / Gay and Lesbian Youth NI (GLYNI)

Gay, lesbian and bisexual information and support service.

Tel: 028 9089 0202

LGBT switchboard: 0808 8000 390

Email: admin@cara-friend.org.uk

Web: www.cara-friend.org.uk

The Rainbow Project

Supporting and empowering gay and bisexual men in Northern Ireland.

Tel: 028 9031 9030

Email: info@rainbow-project.org

Web: www.rainbow-project.org



The NEXUS Institute

Responding to the needs of adults who have experienced sexual abuse, through counselling, education and research.

Tel: 028 9032 6803

Email: info@nexusni.org

Web: www.nexusni.org

Women's Aid

Challenging domestic violence in Northern Ireland.

Tel: 028 9024 9041

Helpline: 0808 802 1414 (24 Hour)

Text 'support' to 07797805839

Email: 24hrssupport@dvhelpline.org

Web: www.womensaidni.org

Relate

UK relationship counselling organisation.

Tel: 028 9032 3454 or 028 7137 1502

Web: www.relateni.org

Student support

Colleges Northern Ireland

Represents the six further education colleges in Northern Ireland.

Tel: 028 9068 2296

Email: info@collegesni.ac.uk

Web: www.anic.ac.uk

NUS-USI/Open Your Mind

The student movement in Northern Ireland. NUS-USI manages the Open Your Mind Project in partnership with MindWise. Open Your Mind aims to promote awareness of mental health among students. The website contains information on student support and counselling services in Northern Ireland.

Tel: 028 9024 4641

Email: info@nistudents.org

Web: www.nistudents.org





www.mindingyourhead.info

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