

Worried about a friend

Listen

Listening to your friend with an open mind offers them support when times are tough. You don't have to be a therapist to be useful and supportive.

Reach Out

Encourage them to go to the University Wellbeing or Counselling service or your chaplain. Offer to go with them if you can, to offer moral support.

What helps?

Ask them what has helped them in the past to get through difficult times.

Check In

Drop them a message and go for a coffee.

Look after yourself

Make sure you do your own self-care.

Suicide safety

Seek immediate help – dial 999, visit A&E.

Involve other people – ask the person who you can contact to help them keep safe.

REMEMBER – confidentiality does not apply to suicide.

Self care strategies

Find your tribe

Make connections with people who energise you

Go green

Get out into green spaces - they lower our stress levels

Move your body

Walk, dance, get some exercise however you fancy

Helplines

Papyrus – Helpline for young people under 35

Call 0800 068 4141

Text 07786209697

Email pat@papyrus-uk.org

The Mix – Support for under 25s

Call 0808 808 4994

Samaritans – 24/7 support

Call 116 123

Email jo@samaritans.org

Nightline – run by students for students. Find your local nightline at www.nightline.ac.uk

CALM - Campaign Against Living Miserably for men

Nationwide 0800 58 58 58

London callers 0808 802 58 58

Web chat www.thecalmzone.net/help/webchat

Shout - Free confidential support 24/7 via text

Text 85258

Online resources

Big White Wall

www.bigwhitewall.com

An online community of people who support each other through difficult times

CBT Online

www.moodgym.anu.edu.au

Elefriends

www.elefriends.org.uk

A safe place where you can get support from others who can relate to mental health difficulties.

Headspace Mindfulness App

www.headspace.com

Student Mental Health



Jami

The Mental Health Service for our Community

In a mental health emergency

Call 999

Go to A&E

Use your university emergency service

jamiuk.org/campus

Registered Charity 1003345.
A Company Limited by Guarantee 2618170



Jami

The Mental Health Service for our Community

SUPPORTED BY

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Top tips for Wellbeing



Be a friend to yourself

Set aside “me” time. University life can be fast paced, make time to relax and take time out. You don’t have to go to every possible social activity.

Value yourself

Social media means we’re constantly comparing ourselves to others. Remember, people’s lives are far from the perfect images portrayed on Instagram.

Manage your expectations

University life can be great, but it can also be overwhelming and - at times even lonely - as we adjust to campus life.

Don’t forget, asking for help is not a weakness. Take responsibility and get help if you need it.

Eat well

Even on a limited budget be smart about the food you buy. You could cook with someone else - not only can you pool finances, you are also making connections with others.

Sleep

Make sure you get enough zzzzzz. Adequate sleep is vital for positive wellbeing.

Build healthy relationships

Find friends you can talk to, people who are good listeners. And don’t forget to stay in touch with friends at home.

Be a friend to others

Doing things for other people makes us feel good. The wellbeing benefits of volunteering can be enormous. You can meet new people, connect with others and learn new skills.

Get connected on campus

Jewish Society (J-Soc)

The main focus of Jewish life on campus. Find out more at www.ujs.org.uk/j-socs

University Jewish Chaplaincy

Supporting Jewish students from all backgrounds and affiliations on campus. Find out more at www.mychaplaincy.co.uk

University Student Wellbeing services

Check out your university’s Wellbeing Counselling Services

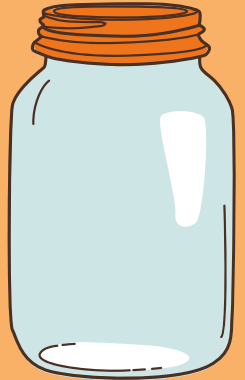
Jami Student Wellbeing reps*

Raising awareness and providing mental health education and wellbeing events. To find out more visit www.jamiuk.org/campus

Register with your GP

It is important you look after your health at university. Find out how to sign up at www.nhs.uk/live-well/healthy-body/getting-medical-care-as-a-student/

*Currently on campuses in Birmingham, Bristol, Leeds and Nottingham - subject to change



**LABELS ARE FOR JARS.
NOT PEOPLE.**

*Want to make
a difference?*

Help Jami raise awareness of mental health on your campus by hosting Mental Health First Aid courses and connect with our campaigns.

Jami