Where to go for help

Helplines

Qwell – Free, safe and anonymous online counselling and support
Visit qwell.io/jami

Papyrus – Helpline for young people under 35
Call 0800 068 4141
Text 07860 039 967
Email pat@papyrus-uk.org

The Mix – Support for under 25
Call 0808 808 4994

Samaritans – 24/7 support
Call 116 123
Email jo@samaritans.org

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

CALM - Campaign Against Living Miserably for men
Nationwide 0800 58 58 58
Web chat www.thecalmzone.net/help/webchat

Shout - Free confidential support 24/7 via text
Text Jami to 85258

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

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/

Global 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

Side by Side
sidebyside.mind.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

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

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.

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.

SUPPORTED BY
**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.

**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.