

Lets talk about Mental Health.

From **Monday 16 November 2020**, Start To Success will be launching a brand new regional mental health campaign covering three key themes – **Isolation, Stigma and Self-Help**.

Through the campaign website you can access a range of student mental health resources including videos, tips and guidebooks to help support your mental health and wellbeing.



# "I'M NOT FEELING GREAT"

## "I'D LIKE SOME ADVICE"

Issues with your living situation be it housemates or facilities Contact the Residence life team on 01782 294221 or reslife@staffs.ac.uk

Contact the GreenPad team on 01782 422 300 or greenpad@staffs.ac.uk

Speak to the Student Advice Team in the Students' Union on sac@staffs.ac.uk

Get in touch with the Wellbeing Peer Mentors at: wellbeingpeermentors @staffs.ac.uk

Speak to Student guidance by emailing at support@staffs.ac.uk or book an appointment online.

I'm having issues with my

Contact you course rep and explain the problem, you can find them here www.staffsunion.com/ staffsunion.com/representingyou

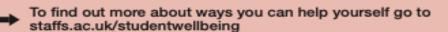
Speak to the Student Voice Team in the Students' Union at studentvoice@staffs.ac.uk

Talk to your personal tutor

Request a leave of absence

Apply for an extension for a deadline using an extenuating circumstance (EC)

### "I WANT TO TRY TO HELP MYSLEF"



Visit starttosuccess.co.uk/selfhelp

Access TogetherAll (Online mental health community formely known as BigWhiteWall for free www.togetherall.com

Student space has a variety of resources to support you through COVID-19.

You can also access a range of apps such as Headspace, Daylio, Bluelce, Calm Harm and Sleepio.

For problems with sleep try www.Sleepio.com

Look through the NHS self-help library www.web.ntw.nhs.uk/SelfHelp/

For general guidelines on keeping a healthy mental state visit www.NHS.uk/Conditions/Stress-Anxiety-Depression



## "INEED HELP NOW"

#### "I NEED URGENT HELP, I DON'T FEEL SAFE"

Call 999 or go to Royal Stoke Hospital A&E (24 hours a day, every day)

Call the North Staffs Crisis Team on 0300 123 0907 (24 hours a day, every day)

#### "I'M FEELING DISTRESSED AT STAFFS SU ON A NIGHT OUT"

ask for a First Aider or a member of the Mental Health First Aid team

If you're ever feeling unsafe or uncomfortable, head to the bar and #AskAngela for help.

Call Staffs Uni out of hour support 01782 294444

#### "I NEED HELP, BUT I'M NOT IN IMMEDIATE DANGER"

Call 111 when you need help fast, but it's not a life threatening emergency (24 hours a day, every day)

Call Student Wellbeing 01782 294976 (Monday to Friday, 8.45am – 5pm)

Call Staffs Uni out of hours support 01782 294444

Call Samaritans on 116123 (24 hours a day, every day)

For text based mental health support text "Shout" to 85258

Contact the North Staffordshire Wellbeing service on 0300 303 0923 or visit www.NorthStaffsWellbeing.co.uk

Call the North Staffs Access Team on 0300 123 0907 or 07739 775202 (24 hours a day, every day) To report it to the university contact the Sexual Violence Liaison team svlo@staffs.ac.uk

For specialist sexual assault mental health support contact SAVANA on 01782 433204 or www.savana.org.uk

For university counselling support contact studentwellbeing@staffs.ac.uk 01782 294976 or fill in online form which can be found at staffs.ac.uk/studentwellbeing

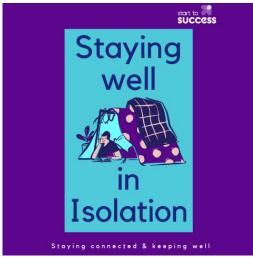
Make an appointment to talk to your GP

Speak to the Student Hub team on 01782 294751 or studenthub@staffs.ac.uk

Call Student Space for a free student led listening service 0808 189 5260 or visit www.StudentSpace.org.uk

Help for sexual assault/harassment

Speak to Student guidance by emailing at support@staffs.ac.uk or book an appointment online.







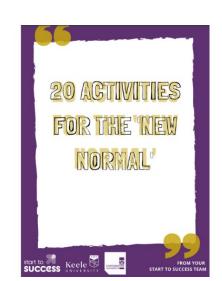


#### Just some of our Start To Success Resources...

#### Setting Goals & Taking Action

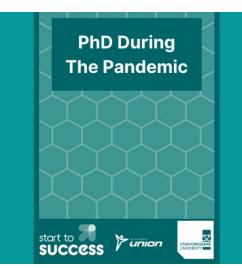
A work booklet aimed at increasing exercise, but can be used for other lifestyle goals as well as your studies.











# start to SUCCESS

Find out more about the campaign and access our student resources at starttosuccess.co.uk