



start to 
SUCCESS

Our regional Mental Health Campaign aims to increase the awareness of mental health and the support available for students.

MENTAL HEALTH



Isolation



Self-Help



Stigma

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

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

Get in touch with the Wellbeing
Peer Mentors at:
[wellbeingpeermentors
@staffs.ac.uk](mailto:wellbeingpeermentors@staffs.ac.uk)

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

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

Talk to your personal tutor

I'm having issues with my
course

Request a leave of absence

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

"I WANT TO TRY TO HELP MYSELF"

To find out more about ways you can help yourself go to
staffs.ac.uk/studentwellbeing

Visit starttosuccess.co.uk/selfhelp

Access TogetherAll (Online mental health community formerly
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, Blueice, 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

“I NEED 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.

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Staying well in Isolation

Staying connected & keeping well

SELF HELP

Helping you identify when to take action

Find Mental Health support that's right for you at:
www.staffs.ac.uk/studenthub

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KEEPING ACTIVE IN HALLS

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Exercising is beneficial for both our physical and mental wellbeing. Remember do not exercise if you are displaying COVID-19 symptoms, and receive medical clearance to exercise if you have a health condition.

WAYS TO KEEP ACTIVE

- Walk, jog, run around campus
- Take regular breaks away from your desk when studying
- Join the gym
- Attend Active Keele sessions
- Follow exercise classes on YouTube
 - The Body Coach, Yoga with Adriene, Fitness Blender

TOP TIPS FOR EXERCISE

- Get it done early
- Schedule exercise into your day
- Set a reminder
- Exercise with your flatmates
- Make exercise goals and tell your friends or family

EQUIPMENT TIPS

- Don't have an exercise mat? Use a towel
- Don't have weights? Use cans, water bottle or books

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REDUCING MENTAL HEALTH STIGMA

Saying what needs to be said

Educate yourself, talk openly and take action at www.staffs.ac.uk/studenthub

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Supporting your Learning

A guide to digital skills, organising your time, academic skills support, study support and assistive technology

Kerry Summerfield
Start to Success Project Officer

Gary McNally
Careers Relationship Development Manager

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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.

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20 ACTIVITIES FOR THE 'NEW NORMAL'

start to **SUCCESS** Keele University Staffordshire University **UNION** FROM YOUR START TO SUCCESS TEAM

ISOLATION

Helping you step out

Find connections to people like you at:
staffsunion.com/getinvolved/clubsandsocieties

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Taking Control of My Wellbeing at Staffs

A guide on how you can take care of your wellbeing at Staffordshire University

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PhD During The Pandemic

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

#StartToSuccess