

# LOOKING AFTER YOUR EMOTIONAL/MENTAL HEALTH & WELLBEING AT SUSSEX

You will find being at university challenging and demanding at times. It's not unusual to feel homesick at first, and to worry that you might not be clever or confident enough to cope with things such as seminars and assessments.

Here's some information about looking after yourself and finding help when you need it. There's a lot of support available – both here in the University and out in the community.

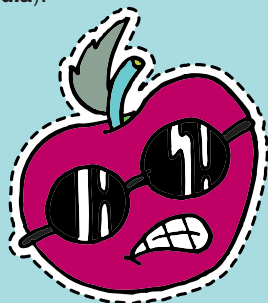


# LOOKING AFTER YOUR EMOTIONAL/ MENTAL HEALTH & WELLBEING

THE NHS “FIVE WAYS TO WELLBEING” ARE AIMED AT IMPROVING OUR EMOTIONAL/ MENTAL HEALTH AND WELLBEING. WE’VE LISTED THESE BELOW AND HAVE MADE SOME SUGGESTIONS ABOUT HOW TO APPLY THEM AT SUSSEX.

## 1 CONNECT

University provides lots of opportunities to meet new people, but this can feel challenging and overwhelming too. If you’d like to meet some new people who like doing the same things as you, the Students’ Union’s Buddy Scheme ([www.buddyscheme.com](http://www.buddyscheme.com)) or their clubs and societies are a great place to start ([www.sussexstudent.com/sport-societies-media](http://www.sussexstudent.com/sport-societies-media)).



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## BE ACTIVE

Physical activity reduces stress and anxiety and improves mood, so regularly exercising is a great way to meet others and look after your wellbeing. Why not join a sports club ([www.sussexstudent.com/sport-societies-media](http://www.sussexstudent.com/sport-societies-media)) or the gym at Sussexsport ([www.sussex.ac.uk/sport](http://www.sussex.ac.uk/sport)), or just take a walk. Eating well and drinking plenty of water will also help.

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## TAKE NOTICE

We’ve got a beautiful campus so why not take a walk through the fields or look out for a guided tour/ boundary walk. You could also try the free mindfulness sessions run by the Chaplaincy ([www.sussex.ac.uk/chaplaincy/newsandevents](http://www.sussex.ac.uk/chaplaincy/newsandevents)). Relax and have some fun! It’s really important to have some regular “down time”.

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## KEEP LEARNING

University study is demanding and sometimes this can feel really stressful. Learning how to manage your time and study effectively can help you to cope better. Look online for the Skills Hub ([www.sussex.ac.uk/skillshub](http://www.sussex.ac.uk/skillshub)). You could also take time to develop new hobbies and interests outside of your course, through some of the Students’ Union’s clubs and societies.

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## GIVE

Becoming a volunteer is a brilliant way to meet like-minded people and to give back some kindness. It’s also great work experience and good for your C.V. Ask the Students’ Union about volunteering opportunities, or take a look at [www.sussex.ac.uk/careers/jobs/volunteering](http://www.sussex.ac.uk/careers/jobs/volunteering) for information about local and international opportunities.



We'd also like to suggest:

### **SAFER DRINKING AND SUBSTANCE**

**USE** Alcohol and drugs can be risky and have a negative effect on your wellbeing. Don't feel pressured into experimenting and avoid excessive use.

**SAFER SEX** Far fewer people are having sex than you might think. Don't feel pressured into having sex, or into doing anything you don't want to do – and make sure others don't feel pressured, either. Sign up for an X-Card for advice on sexual health as well as free condoms and femidoms ([www.sussex.ac.uk/wellbeing/sexualhealth](http://www.sussex.ac.uk/wellbeing/sexualhealth)).

**SLEEP WELL** Apart from leaving us feeling tired, poor sleep can lead to worry, negative thoughts, and feelings of depression and anxiety. Try to get 7-8 hours of good quality sleep a night.

**WRONG COURSE?** You may find that the course you've chosen isn't what you expected or that it doesn't suit your strengths. Don't panic and don't delay – go and chat to your Academic Advisor or an Advisor in the Student Life Centre.

**LOOKING OUT FOR OTHERS** Try to be as kind and supportive as you can to others. If you're worried about a friend, make sure you let your Residential Life Connector or someone in the Student Life Centre know. It's not your responsibility to fix their problems, but you can help them find support.

## **MENTAL HEALTH SUPPORT AT SUSSEX**

If you're feeling down, anxious or are finding it hard to leave your room, there's lots of support to help you get back on track. Don't be afraid that it's not serious enough – we're here for you!

### **STUDENT LIFE CENTRE**

[www.sussex.ac.uk/studentlifecentre](http://www.sussex.ac.uk/studentlifecentre)

The first place to come with questions, queries, worries or concerns. Open every weekday, with appointments and daily drop-ins for all issues concerning wellbeing, welfare, progress and money worries.

### **UNIVERSITY COUNSELLING SERVICE**

[www.sussex.ac.uk/counselling](http://www.sussex.ac.uk/counselling)

Individual counselling and therapy groups. Also offering workshops for settling in, feeling down, stress management and confidence. You can access Togetherall, an online service supporting people with anxiety, depression and other common mental health issues, for free on the counselling website.

### **TEA AND TALK PEER SUPPORT**

[www.sussex.ac.uk/wellbeing/peersupport](http://www.sussex.ac.uk/wellbeing/peersupport)

Tea and Talk offers an informal space for Sussex students to talk and be listened to, as well as an opportunity to find out about other sources of support. The sessions are run by friendly trained Sussex students, and you can expect free tea, biscuits and mindful activities.

### **MENTAL HEALTH DISABILITY SUPPORT**

[www.sussex.ac.uk/studentssupport/mentalhealth](http://www.sussex.ac.uk/studentssupport/mentalhealth)

The Student Support Unit has specialist Mental Health Advisors who can work with you if you require reasonable adjustments for your studies and you have medical evidence of a long-term mental health

condition. You can also access information and support regarding the Disabled Student Allowance.

### **THE RESIDENTIAL LIFE TEAM**

**[www.sussex.ac.uk/campus-support](http://www.sussex.ac.uk/campus-support)**

During evenings and weekends you can get mental health crisis support on campus from the Residential Life Team by contacting the 24 hour Security team on 01273 873333 or 3333 from an internal phone.

### **MEDICAL SERVICES**

**[www.unimed.co.uk](http://www.unimed.co.uk)**

You can register with a doctor on campus at our Health Centre or with a doctor nearer to where you live to ensure you can access help when you need it most.

### **THE STUDENTS' UNION SUPPORT AND ADVOCACY TEAM**

**[www.sussexstudent.com/support](http://www.sussexstudent.com/support)**

If you need someone to fight your corner then email [advice@sussexstudent.com](mailto:advice@sussexstudent.com) or call 01273 877038.

### **FAITH SERVICES**

**[www.sussex.ac.uk/chaplaincy](http://www.sussex.ac.uk/chaplaincy)**

Whether or not you belong to a faith community, our Chaplains and Meeting House are open to you for supporting your emotional/mental health & wellbeing through mindfulness and spirituality.

## **COUNSELLING IN BRIGHTON AND HOVE**

**[www.sussex.ac.uk/wellbeing/mentalhealth/resources/local](http://www.sussex.ac.uk/wellbeing/mentalhealth/resources/local)**

There are a number of places where you can get low-cost counselling off campus.

## **MENTAL HEALTH CRISIS SUPPORT IN THE COMMUNITY/OFF CAMPUS**

### **EMERGENCY SERVICES**

If you or someone else is at serious risk of harming either self or others, then call the emergency services 999

### **GO TO YOUR NEAREST A & E**

The nearest Accident and Emergency department is likely to be The Royal Sussex Country Hospital, Eastern Road Brighton. BN2 5BE which is open 24 hours a day.

### **CALL THE MENTAL HEALTH RAPID RESPONSE SERVICE**

Call this NHS service on 0300 304 0078 for advice/help 24 hours a day.

### **CALL THE SUSSEX MENTAL HEALTH LINE**

**[www.sussexpartnership.nhs.uk/sussex-mental-healthline](http://www.sussexpartnership.nhs.uk/sussex-mental-healthline)**

Call 0800 0309 500 for support and information. Available 24 hours a day.

### **CALL NHS 111**

For advice in urgent, though not life-threatening, situations. Leaflets in all languages are available on the NHS 111 website.

### **CALL THE SAMARITANS**

01273 772277 or Freephone 116123 24 hours a day if you need to talk to someone.