







Supporting Students to Support Themselves

<p>Drinking Too Much or Using Drugs</p>	<p><i>Ask yourself:</i> Am I being honest with myself about how much I am are drinking/taking drugs? What is the impact upon me?</p> <p><i>Look at:</i> DrinkAware and DrinksMeter apps (gives anonymous feedback on your drinking); Students' Union Website for alcohol-free events; SPACED website for information on drugs and reducing risk</p> <p><i>Try:</i> Social activities with no alcohol; alternate soft drinks and avoid strong drinks like shots on a night out; know your triggers; know how to lessen triggers; delete dealers number</p>	<p><i>Talk to your:</i> GP; Wellbeing service; drug/alcohol treatment service; Info Point</p> <p>Cut down safely as you might have a dependency, which could cause health risks if you stop suddenly (try 10% reduction each time and get specialist help)</p>	<p>If you are concerned for yourself or another but are unsure if you need to call the emergency service then call NHS 111 for advice</p> <p>If someone is vomiting, drowsy, confused, loosing consciousness, unresponsive. Put them into the recovery position and call 999</p> <p>If you have serious cocerns for yourself or someone due to drink or drug use call 999</p>
<p>Always Try:</p>	<p>Use Resilience Skills and Self Care Checklist (found in Resilient U workbooks)</p> <p>Go onto infopoint@uwe.ac.uk to find information relevant to the challenge you are facing</p>	<p>Go to Infopoint for signposting to the best service for you</p> <p>Use the support networks you have in place if any.</p> <p>Need support with your mental health –Wellbeing Service; Kooth; www.studentsagainstdepression.org</p> <p>Talking to Friends, Family or Peers about how you feel</p> <p>Go to a Resilient U workshop</p>	

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Apps	
 Calm	<p>New to meditation? This app has guided meditation from 3-25 minutes on a variety of topics like sleep and gratitude. There are 28 free, good quality, nature/ soothing sound clips to calm you. It also has a '7 Days of Calm' series of guided meditations.</p> <p>Cost: Free</p>
 Breathe to Relax	<p>Breathe2Relax offers portable stress management; Guided Breathing; Information on Biology, Breathing and Stress; and a stress Tracker for you. It is a skill-building app that could help with anger management, mood stabilization and anxiety reduction.</p> <p>Cost: Free</p>
 Moodkit	<p>Based in Cognitive Behavioral Therapy, MoodKit helps people improve their mood by engaging them in over 200 mood enhancement activities like thought checking and journaling.</p> <p>Cost: £4.99</p>
 Headspace	<p>A series of guided meditations (10 minutes a day) with the option to track progress and remind you when to meditate. A buddy system is offered on this app to maintain motivation.</p> <p>It aims to be a "gym membership for your mind" to help with stress, anxiety, improving well-being and being overall happier.</p> <p>Cost: Free</p>
 UWE SAM	<p>This app offers guided self-help for when you're getting stressed out, tracking features, meditation and a place to input your triggers and find activities to put in your tool kit. There is also the option to be part of a support network using the app.</p> <p>The content of SAM is presented in various media formats to support you in learning about anxiety and practicing self-help.</p> <p>Cost: Free</p>
 What's Up	<p>This app gives you four different sections; help right now (for when you need calming down right now); coping strategy actives to do; information on anger, stress, anxiety, depression and self-esteem; and a personal section to write your diary and track positive/negative habits.</p> <p>Cost: Free</p>

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Silvercloud

Silvercloud provides a wide range of supportive and interactive programmes, tools and tactics for mental and behavioural health issues. These programmes address wellbeing, life balance, time management, communication skills, goal setting, communication and relationship management, anger management, stress management, relaxation and sleep management, among many others.

Cost: Free (requires NHS sign in)

Created by the Resilient U Team

Please be advised that UWE Bristol cannot guarantee the validity of these resources although they are checked at time of publication

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Service	Description	Contact
Emergency Services	If you or someone you know is in immediate danger	Call: 999
Hospital/Local GP	Get non-emergency support for physical or mental health issues	Go to the Univeristy Health Centre or Call :+44 (0)11732 86666
NHS 111	24 hour support in an urgent (but non-emergency) situation	Call: 111
Bristol Crisis Team	24 hour support to people having an extreme mental health or emotional crisis that requires help	Call: 0300 555 0334
Bristol Sanctuary	A supportive place where those who are experiencing severe emotional distress can go for help outside of normal working hours	Open: Friday - Monday 7pm to 2am Call: 0117 954 2952
Samaritans	24 hour support for challanging times	Call: 116 123 Email: jo@samaritans.org
UWE Secuirty	24 hour emergency assistance or reporting	Call: +44 (0)117 32 86404
Papyrus/HOPE Line UK	Supporting young people experiencing suicidal thoughts	Open: Monday - Friday 10am to 10pm, weekends 2pm to 10pm, bank holidays 2pm to 5pm Call: 0800 068 41 41
Self-Injury Support	Support for women affected by self-harm	Text: 0780 047 2908 (Sunday-Thursday 7pm- 9pm) Call: 0808 800 8088 (Monday to Thursday 7pm-10pm)
Elefriends	A supportive online community which includes a section for urgent support	www.elfriends.org.uk
The Mix	24 hour crisis support for 25's or under	Text: 85258

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**Self-
Empowerment**



Support



Learning from it

To book your place, search
infohub's events page

Resilient U Workshops