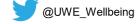
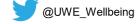


| Challenge | Step 1 Being proactive and managing the challenge yourself | Step 2 Reaching out for appropriate support | Step 3 Emergency |
|--|---|--|---|
| Academic Struggling with; Coursework/Exams Group-work Presentations Dissertation Attendance Failure or fear On the right course? | Ask Will this course help me reach my goals? What small thing do yourself: I know I should be doing? Where/when do I do my best work? Look at: Module information/Blackboard; Lynda.com; UWE's self-help resources (Wellbeing website): Faculty Study Support: Assistive Software and Apps Try your level best to not fall behind in your studies! | Talk to your: PAL Leader; Course/Module Leaders/APT; Study Skills Support Worker/Mentor (if you have one); friends, family or peers about how you feel Student Support Advisor; Study Skills workshop run by the Library or do online course; Info Point; Espresso maths/programming (for maths or programming issues); a Resilient U Workshop Studying Business or Law? –Academic Success Centre in 4X224 Could it be a disability? –Disability Services | Emergency Services: Call 999 |
| Placements Professional Mandatory Optional placement year Short term optional placements or internships | Ask pourself: Do I have all the information required to go on placement? Have I done what is required of me as instructed by UWE in preparation for my placement? Is there anything I need to share about myself to the course leader/Practice Educator at UWE or my mentor on placement? Are my expectations realistic? Look at: Placement information on UWE Bristol website | Talk to your: Course/Module Leaders/APT; Mentor (if you have one); friends, family or peers about how you feel; PAL leader Could it be a disability? –Disability Services | UWE's Health Centre +44(0)117 32 86666 NHS urgent support (non-emergency) Call 111 (24 hours) (For more services see below) |
| Jobs | Talk to Careers and Employment Service | | |



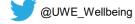


| Isolation/ Loneliness | Ask yourself: Look at: Try: | Why do I feel this way? Is it about me or the situation? Do I focus on what I have or don't have? UWE's self-help resources (Wellbeing website); theunibubble.com Something new (join a society); Do what you enjoy/love; Letting people know how you feel (it's normal to feel this way); Keep in touch with friends; Voluntary work or apply for a job at Uni (Student Ambassador etc.) or outside Uni | Talk to your: Go to: | Friends, family or peers about how you are feeling UWE Students' Union Advice Centre; support agencies outside of UWE (either to get extra help or meet new people); Info Point; a Resilient U Workshop | |
|--------------------------|--------------------------------------|--|----------------------|--|--|
| Friends/ Social Media | Ask yourself: Look at: | What's the cause of the issue? Does my confidence depend on social media? Do my friends value me? Do my friends make me happy? UWE self-help resources (wellbeing website) | Talk to your: | friends, family or peers about how you are feeling UWE Students' Union Advice Centre; support agencies | Emergency Services: Call 999 UWE's Health Centre +44(0)117 32 86666 |
| | Try: Report and | Joining a society; lessening time on social media y inappropriate content/bullying/harassment to InfoPoint | | outside of UWE (extra help or meet new people); Wellbeing service; Info Point; a Resilient U Workshop | NHS urgent support (non-emergency) Call 111 (24 hours) |
| | Ask yourself: | How often are my decisions influenced by others? Where do I stand on the issue? Do I find it hard to say no ? | Talk to your: | Friends, family or peers about how you are feeling | (For more services see below) |
| Peer Pressure | Look at: Talk to: | YouTube videos on peer pressure Friends, family or peers about boundaries and ask your friends to respect those boundaries | Go to: | UWE Student's Union Advice Centre; Info Point; A Resilient U workshop | |
| Housing | Ask yourself: | Can you resolve the issue yourself ? What is the issue? What do you disagree on, it might be different to the issue causing the argument? | Talk to: | Accommodation Manager, Land Lord or Estate Agent; friends, family or peers about how you feel | |
| | Talk to: | House mates (if appropriate); If you are not getting on with housemates and can't speak to them refer to Step 2 | Go to: | www.nidirect.gov.uk/articles/problems-your-landlord- how-council-can-help; UWE Accommodation; Info Point; a Resilient U Workshop | |





| Leaving Home | Ask yourself: Look at: Try: | What do I miss most, can you get it at university? UWE self-help resources Joining a society; giving yourself time, it's normal!; exploring your new surroundings | Talk to: Go to: | UWE Students' Union Advice Centre; friends, family or peers about how you feel Wellbeing service; support agencies outside of UWE (either to get extra help or meet new people); Info Point; a Resilient U Workshop | |
|--------------|------------------------------|---|--|--|--|
| Expectations | | Is this coming from myself or others? Are others trying to do the best for me or is it hindering my abilities? theunibubble.com common for expectations and reality to be different so being by this is a common experience felt by students. | Talk to: Talk to Your: Go to: Not sure th | PAL Leader; Course/Module Leaders/APT; Study Skills Support Worker (if you have one); friends, family or peers about how you feel A Resilient U Workshop his course is for you? – Student Support Advisors | Emergency Services: Call 999 UWE's Health Centre +44(0)117 32 86666 NHS urgent support (non-emergency) Call 111 (24 hours) |
| Money | | UWE Money and Advice centre website; www.blackbullion.com Int Money Service run a module called Financial Capability hich will help you manage your money | Talk to: Go to: | The Student Money Service; your Bank ; Info Point ; friends, family or peers about how you feel A Resilient U Workshop | (For more services see below) |
| Self-Care | Ask yourself: Look at: | Is it an issue of time management or self-neglect? What negative thoughts am I holding about yourself? Do my needs matter to me? Do I know I am important and worth it? Self-Care checklist; www.browzer.co.uk; theunibubble.com | Talk to: Go to: | UWE Students' Union Advice Centre; Kooth; Info Point; friends, family or peers about how you feel A Resilient U Workshop | |





| Disability | Ask yourself: Look at: | How have I managed before and do you have the right support in place? UWE self-help resources; theunibubble.com | Talk to: Go to: | Disability Service; Accommodation Students' Union Advice Centre; Infamily or peers about how you fee A Resilient U Workshop | nfo Point; friends, | |
|--|------------------------------|--|----------------------|---|--|--|
| Mental Emotional Wellbeing | Ask yourself: Look at: | What is making me feel this way? Am I around positive people? UWE's self- help resources (on the wellbeing website); SAM App: UWE Wellbeing on Twitter | Talk to: | Disability Service; Accommodation Services; UWE Students' Union Advice Centre; Info Point; friends, family or peers about how you feel | | |
| | Try: | Having balance to your life (Rest, fun, study); Do things you enjoy; eat well; create structure | Go to: | Wellbeing service; support agence (either to get extra help or meet re Resilient U Workshop | | Emergency Services: Call 999 |
| | Ask yourself: | Am I really doing my best to look after myself? What have I done in the past that has supported me? | Talk to: | LIME Students' Union Advise Control Info Doint, friends | | UWE's Health Centre +44(0)117 32 86666 |
| Pre-existing mental health condition | Look at: Try: | UWE's self- help resources (on the wellbeing website); SAM App: UWE Wellbeing on Twitter Disclose to relevant people at UWE for support; register with your local GP ; avoid factors which could exacerbate your condition | Go to: | Wellbeing service; Disability Serv outside of UWE; a Resilient U Wo | • • • | NHS urgent support (non-emergency) Call 111 (24 hours) (For more services see below) |
| Deterioration in your mental health | Ask yourself: | What's the cause ; what could help you? | Talk to your: Go to: | Friends, family or peers about how you feel Wellbeing service; Disability Services; Support agencies outside of UWE; UWE Students' Union Advice Centre; Info Point; a Resilient U Workshop | At risk of harming you Feeling unsafe or known Call: NHS 111; 999; Samaritans: 116 123; Bristol Crisis Team: 0 UWE security: 0117 3 For other non 24hr s | ow someone who is? 300 555 0334 3289999 |

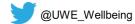




| Drinking Too Much or Using Drugs | Ask yourself: Am I being honest with myself about how much I am are drinking/taking drugs? What is the impact upon me? Look at: DrinkAware and DrinksMeter apps (gives anonymous feedback on your drinking); Students' Union Website for alcohol-free events; SPACED website for information on drugs and reducing risk Try: 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 | Talk to your: GP; Wellbeing service; drug/alcohol treatment service; Info Point 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) If you are concerned for yourself or another but are unsure if you need to call the emgerncy service then call NHS 111 for advice If someone is vomiting, drowsy, confused, loosing consciousness, unresponsive. Put them into the recovery position and call 999 If you have serious cocerns for yourself or someone due to drink or drug use call 999 | |
|--|---|--|--|
| Always Try: | Use Resilience Skills and Self Care Checklist (found in Resilient U workbooks) Go onto <u>infopoint@uwe.ac.uk</u> to find information relevant to the challenge you are facing | Go to Infopoint for signposting to the best service for you Use the support networks you have in place if any. Need support with your mental health —Wellbeing Service; Kooth; www.studentsagainstdepression.org Talking to Friends, Family or Peers about how you feel Go to a Resilient U workshop | |



| | Apps | | | |
|------------------|---|--|--|--|
| Calm | 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. Cost: Free | | | |
| <u>Calm</u> | | | | |
| BR | 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. Cost: Free | | | |
| Breathe to Relax | | | | |
| MoodKit | 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. Cost: £4.99 | | | |
| <u>Moodkit</u> | | | | |
| | 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. | | | |
| <u>Headspace</u> | It aims to be a "gym membership for your mind" to help with stress, anxiety, improving well-being and being overall happier. Cost: Free | | | |
| | 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. | | | |
| <u>UWE SAM</u> | The content of SAM is presented in various media formats to support you in learning about anxiety and practicing self-help. Cost: Free | | | |
| *** | 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. | | | |
| What's Up | Cost: Free | | | |







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)



| 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.elefriends.org.uk | |
| The Mix | 24 hour crisis support for 25's or under | Text: 85258 | |

