



WELL-BEING

Help in a Crisis:

If students are feeling suicidal or very low, out of hours, they can ring any of the following services:

Greater Manchester Nightline (open from 8.00 pm to 8.00 am): phone number is on the back of the student ID card, but if the number isn't on the card, or don't have the student card, email manchesternl@hotmail.com and it will auto-respond with the number.

Samaritans: 116 123 or 0161 236 8000 – available 24 hours a day, seven days a week

Papyrus: 0800 068 4141

Encourage students to register with their local GP

Student Support Officers: Some Schools have their own Student Support Officers.

The Atrium: First Floor of University Place. It offers on the spot information, advice and guidance for students on issues including health and well-being.

Well-Being Initiative led by the Counselling Service:

Six Ways to Well-Being:

Connect **Learn & Discover** **Be Active** **Take Notice** **Give** **Be Healthy**

For more information click on the following link

<http://www.counsellingservice.manchester.ac.uk/wellbeing/>

Courses (Run by the Counselling Service) (for staff):

Mental Health Problems Amongst the Student Population: Recognising Symptoms and Offering Help at a Time of Crisis

Thinking Aloud – Reflection Session

Other Courses:

Mental Health First Aid England

Mental Health First Aid is an educational course which teaches people how to identify, understand and help a person who may be developing a mental health issue. Link for information is:

<http://mhfaengland.org/>

Workshops (Run by the Counselling Service):

The counselling service runs training programmes for staff and students which range from; Learning how to Relax (staff and students)/ Managing Low Mood (students) / Bereavement (students) to Managing Exam Stress: Get Prepared (students).

For a full list of courses and how to book on them follow the link

<http://www.counsellingservice.manchester.ac.uk/workshops/>

Well-Being Week:

Last year it took place from 5-10 October 2015. Activities ranged from; Start the Day the Right Way (included relaxation and healthy breakfast)/Managing Procrastination/ Make the most of your mind: the psychology behind effective study/ Massage/ Mindfulness to Yoga (Ashanta, Hatha, Dru and Laughter!)/ Hula Hoop/ Bhangra and Bokwa Dance/ Pilates/ Self Defence/ Indian Club Swinging/ Kettlebell/ Alexander Technique and much more.

It is organised by SPORT Manchester and the link is:

<http://www.sport.manchester.ac.uk/fitness/wellb/>

It's Time to Talk about Mental Health: Chance to talk about mental health issues - Thursday 4 February

Online resources:

Silvercloud: an online self-help tool for students and staff:

<http://www.counsellingservice.manchester.ac.uk/silvercloud/#d.en.391669>

Audio downloads: download guided relaxation audio files

<http://www.counsellingservice.manchester.ac.uk/self-help/#d.en.392300>

Students Against Depression: links to getting support, understand depression, tackle depression:

<http://studentsagainstdepression.org/get-support/check-suicide-and-self-harm/feeling-like-you-want-to-die/>

Support for Distance Learners: on-line videoconference counselling sessions can be booked

<http://www.counsellingservice.manchester.ac.uk/distancelearners/>

Student Support Link through Crucial Guide: Links to advice on Health and Wellbeing in Crisis and Emergencies; Bullying and Harassment; Health; Safety; Pastoral Care in Halls:

<http://www.studentsupport.manchester.ac.uk/>

Staff Development Workshops/Courses:

Supporting Students - 6 Workshops: The programme aims to enable staff to develop their own professional practice in relation to supporting and guiding the student experience and to be equipped with the professional skills needed to work in a supporting role.

Students Union Well-Being:

The Students Union has a Well-Being Advice page on their website. The link is:

<http://manchesterstudentsunion.com/top-navigation/advice-service/wellbeing-advice>

This offers advice on Watch Your Wellbeing; Registering with a GP and Dentist; Sexual Health and Pregnancy; Feeling Homesick or Overwhelmed; Student Safe Zones; Sexual and Domestic Assault; Bullying, Discrimination and Harassment; Hate Crime Reporting; Student Parents and Carers. There is also a link to contact an Advisor.

International Society

The International Society normally offers an International Well Being Support (IWS) service which is free and aimed at helping international students who are living and studying in England. This service is currently unavailable.

It runs a Families Group on Thursdays from 3.00 pm. The group aims to bring people in the same situation together so they can bring along their babies and children, make friends and have fun. There are a wide variety of activities arranged throughout the year including birthday celebrations, day trips, talks and more.

It also offers classes, including Mindful Yoga, and events (Taiwanese Evening, Tunisian Evening, Chilean Evening, Japanese Evening). There is also a Hospitality Scheme which arranges for students to visit a British home on a number of occasions during their time in Manchester.

In addition the University has various groups/ activities that students and staff can join for free; Cycle groups/ running groups/ walking groups/ Sporticipate, for more information click on the link below;

<http://www.estates.manchester.ac.uk/services/es/travel/walk/>

The University is also putting a group forward for the Manchester 10k race in May, if students/ staff join up they get a reduced price. For more information click on the link below;

<http://www.sport.manchester.ac.uk/fitness/manc10k/>

There are various free park runs available throughout Manchester and the surrounding areas;

<http://www.parkrun.org.uk/>

<http://www.greatrunlocal.org/>

There are various short exercise classes run across campus for staff and students; various prices,

<http://www.sport.manchester.ac.uk/fitness/activeman/>

Staff can attend a free networking session which includes activities ranging from; help with CV to hula hooping to Pilates to colour therapy.

<http://www.staffnet.manchester.ac.uk/services/societiesandclubs/class/events/>