



WELL-BEING

Graduate School Well-Being initiatives:

- The Graduate School has two PGR peer advisors, who will keep you up-to-date on well-being events and support across the University and are available to provide support based on their own experience as PGRs. There will be a number of well-being events coordinated by the two PGR peer advisors throughout the semester, including workshops, drop-in sessions, social events and activities specifically for new PhD students.
- Get involved in a range of PGR-led activities and societies in the Graduate School, e.g. Graduate School Quiz; football team.

University Fitness and Well-Being:

Staying physically and mentally fit is an essential part of our everyday lives to keep a good work and play life balance. The University offers many activities and guidance that can help you achieve this balance.

- Be Active is the main fitness programme. It offers a broad range of fitness classes, and caters for the complete beginner to the regular exerciser in a fun and a friendly environment.
- Running and walking are two of the simplest exercises to get started with. Several groups of runners and walkers cater to all abilities.
- Based on research by the New Economics Foundation, the University has identified the '*Manchester Ways to Well-being*: 6 actions to build into your day-to-day life in order to feel good and function well. Well-being services such as massage and beauty, osteopathy and physiotherapy are also provided.

Find details of the activities the University offers at: <http://www.sport.manchester.ac.uk/fitness-wellbeing/>

The University also puts a group forward for the Manchester 10k race each year, known as the Purple Wave. The race takes place in May each year. If you join up to run as part of the Purple Wave, you get a reduced registration fee. For further information go to: <http://www.sport.manchester.ac.uk/fitness-wellbeing/run-walk/purplewave/>

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

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

In addition the University has various groups/activities that you can join for free: Cycle groups/running groups/walking groups. For further information go to: <http://www.sport.manchester.ac.uk/>

There are also various short exercise classes run across campus for students at various prices. For further information, go to: <http://www.sport.manchester.ac.uk/fitness-wellbeing/be-active/>

Sources of Help:

Graduate School Office:

Help and advice is available from Amanda Mathews, the Graduate School Manager and Jo Marsh, Senior PGR Administrator. The Graduate School Office is located in Room CG6 of the Ellen Wilkinson Building.

The Counselling Service:

Six Ways to Well-being: **Connect Give Take Notice Be Active Be Healthy Learn and Discover**

For further information go to: <http://www.counsellingservice.manchester.ac.uk/wellbeing/>

The Counselling Service runs workshops which include Learning to Relax; Mindfulness Meditation and Self-help for Social Anxiety. For a full list of courses and how to book, go to: <http://www.counsellingservice.manchester.ac.uk/workshops/>

The Atrium in University Place:

The University is piloting new provision in the Library, in collaboration with Library Team, which will aim to provide a central point of information, advice and guidance to all students about what support is available or appropriate and to facilitate access to it. Whilst this pilot is underway, the full range of services and resources will still be available within the Atrium. The Atrium is a space which brings together a whole range of student advice and support services, from financial advice, exploring careers and employability, to health and well-being. It is located on the first Floor of University Place. For further information, go to: <https://uomtheatrium.wordpress.com/>

International Society:

The International Society runs a Families Group on Thursdays from 3.30pm which aims to bring people in the same situation together so babies and children can be brought along to 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 a range of classes, such as Yoga, Salsa and Tai Chi and various language classes as well as events (Cinema Club, International Society Barbeque, and Cultural Evenings). For further information, go to: <https://internationalsociety.org.uk/>

Students' Union Well-Being:

The Students' Union is independent of the University of Manchester and serves to support students in most facets of personal and academic life. Should you wish to seek advice separate from your University life you can speak to one of the advisors. For further information, go to: <https://manchesterstudentsunion.com/wellbeing-advice>

Advice is offered on registering with a GP and dentist; feeling overwhelmed; student safe zones; sexual and domestic assault; bullying, discrimination and harassment; hate crime reporting; student parents and more. There is also a link to contact an advisor.

Online resources:

Silvercloud: This is an online self-help tool which uses clinically proven tools to identify your key problems and offers programmes of activity to help you overcome them. Silvercloud offers four programmes for help with anxious thoughts and feelings, depression and low mood, stress, and body image. For further information, go to: <https://www.counsellingservice.manchester.ac.uk/silvercloud/>

Audio downloads: Download guided relaxation audio files via: <http://mindfulnessforstudents.co.uk/resources/mindfulness-audio-guided-practices/>

Student Support through the Crucial Guide: This links to advice on Health and Well-being in Crisis and Emergencies; Bullying and Harassment; Health; Safety; and other issues. For further information, go to: <http://www.studentsupport.manchester.ac.uk/>

Papyrus (Prevention of Young Suicide): The national charity dedicated to the prevention of young suicide (under 35). Papyrus exists to reduce the number of young people who take their own lives by shattering the stigma around suicide and equipping young people with the skills to recognise and respond to suicidal behavior. For further information, go to: <https://www.papyrus-uk.org/>

Kwan Wai: This is a Chinese/Vietnamese mental health project and offers counselling in Mandarin and a drop in/support service. For further information, go to: <https://www.waiyin.org.uk/projects/health-social-care/kwan-wai-mental-health/>

Turning Point Crisis Support: This provides community-based crisis support for people with mental health issues. For further information, go to: <http://www.turning-point.co.uk/crisis-point.aspx>

In the City:

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

Greater Manchester Nightline (open from 8.00pm to 8.00am during term time): The phone number is on the back of your student card. If you don't have your student card, email manchester.nightline@gmail.com from your University of Manchester email address and it will auto-respond with the number.

Samaritans: Telephone: 116 123 – available 24 hours a day, seven days a week.

CGL (Change, Grow, Live): This is a recovery focused service committed to supporting people to achieve their goals and become alcohol and drug free. Telephone: 0161 226 5526.