

Supporting Students to Support Themselves

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?	<p><i>Ask yourself:</i> Will this course help me reach my goals? What small thing do I know I should be doing? Where/when do I do my best work?</p> <p><i>Look at:</i> Module information/Blackboard; Lynda.com; UWE's self-help resources (Wellbeing website): Faculty Study Support: Assistive Software and Apps</p> <p>Try your level best to not fall behind in your studies!</p>	<p><i>Talk to your:</i> PAL Leader; Course/Module Leaders/APT; Study Skills Support Worker/Mentor (if you have one); friends, family or peers about how you feel</p> <p><i>Go to:</i> 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</p> <p>Studying Business or Law? –Academic Success Centre in 4X224 Could it be a disability? –Disability Services</p>	Emergency Services: Call 999 UWE's Health Centre +44(0)117 32 86666 NHS urgent support (non-emergency) Call 111 (24 hours) (For more services see below)
Placements Professional Mandatory Optional placement year Short term optional placements or internships	<p><i>Ask yourself:</i> 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?</p> <p><i>Look at:</i> Placement information on UWE Bristol website</p>	<p><i>Talk to your:</i> Course/Module Leaders/APT; Mentor (if you have one); friends, family or peers about how you feel; PAL leader</p> <p>Could it be a disability? –Disability Services</p>	
Jobs	Talk to Careers and Employment Service		

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<p>Isolation/ Loneliness</p>	<p><i>Ask yourself:</i> Why do I feel this way? Is it about me or the situation? Do I focus on what I have or don't have?</p> <p><i>Look at:</i> UWE's self-help resources (Wellbeing website); theunibubble.com</p> <p><i>Try:</i> 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</p>	<p><i>Talk to your:</i> Friends, family or peers about how you are feeling</p> <p><i>Go to:</i> 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</p>	<p>Emergency Services: Call 999</p> <p>UWE's Health Centre +44(0)117 32 86666</p> <p>NHS urgent support (non-emergency) Call 111 (24 hours)</p> <p>(For more services see below)</p>
<p>Friends/ Social Media</p>	<p><i>Ask yourself:</i> 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?</p> <p><i>Look at:</i> UWE self-help resources (wellbeing website)</p> <p><i>Try:</i> Joining a society; lessening time on social media</p> <p>Report any inappropriate content/bullying/harassment to InfoPoint</p>	<p><i>Talk to your:</i> friends, family or peers about how you are feeling</p> <p><i>Go to:</i> UWE Students' Union Advice Centre; support agencies outside of UWE (extra help or meet new people); Wellbeing service; Info Point; a Resilient U Workshop</p>	
<p>Peer Pressure</p>	<p><i>Ask yourself:</i> How often are my decisions influenced by others? Where do I stand on the issue? Do I find it hard to say no?</p> <p><i>Look at:</i> YouTube videos on peer pressure</p> <p><i>Talk to:</i> Friends, family or peers about boundaries and ask your friends to respect those boundaries</p>	<p><i>Talk to your:</i> Friends, family or peers about how you are feeling</p> <p><i>Go to:</i> UWE Student's Union Advice Centre; Info Point; A Resilient U workshop</p>	
<p>Housing</p>	<p><i>Ask yourself:</i> 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?</p> <p><i>Talk to:</i> House mates (if appropriate); If you are not getting on with housemates and can't speak to them refer to Step 2</p>	<p><i>Talk to:</i> Accommodation Manager, Land Lord or Estate Agent; friends, family or peers about how you feel</p> <p><i>Go to:</i> www.nidirect.gov.uk/articles/problems-your-landlord-how-council-can-help ; UWE Accommodation; Info Point; a Resilient U Workshop</p>	

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

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<p>Disability</p>	<p><i>Ask yourself:</i> How have I managed before and do you have the right support in place?</p> <p><i>Look at:</i> UWE self-help resources; theunibubble.com</p>	<p><i>Talk to:</i> Disability Service; Accommodation Services; UWE Students' Union Advice Centre; Info Point; friends, family or peers about how you feel</p> <p><i>Go to:</i> A Resilient U Workshop</p>	<p>Emergency Services: Call 999</p> <p>UWE's Health Centre +44(0)117 32 86666</p> <p>NHS urgent support (non-emergency) Call 111 (24 hours)</p> <p>(For more services see below)</p>
<p>Mental Emotional Wellbeing</p>	<p><i>Ask yourself:</i> What is making me feel this way? Am I around positive people?</p> <p><i>Look at:</i> UWE's self- help resources (on the wellbeing website); SAM App: UWE Wellbeing on Twitter</p> <p><i>Try:</i> Having balance to your life (Rest, fun, study); Do things you enjoy; eat well; create structure</p>	<p><i>Talk to:</i> Disability Service; Accommodation Services; UWE Students' Union Advice Centre; Info Point; friends, family or peers about how you feel</p> <p><i>Go to:</i> Wellbeing service; support agencies outside of UWE (either to get extra help or meet new people); a Resilient U Workshop</p>	
<p>Pre-existing mental health condition</p>	<p><i>Ask yourself:</i> Am I really doing my best to look after myself? What have I done in the past that has supported me?</p> <p><i>Look at:</i> UWE's self- help resources (on the wellbeing website); SAM App: UWE Wellbeing on Twitter</p> <p><i>Try:</i> Disclose to relevant people at UWE for support; register with your local GP; avoid factors which could exacerbate your condition</p>	<p><i>Talk to:</i> UWE Students' Union Advice Centre; Info Point; friends, family or peers about how you feel</p> <p><i>Go to:</i> Wellbeing service; Disability Services; Support agencies outside of UWE; a Resilient U Workshop</p>	
<p>Deterioration in your mental health</p>	<p><i>Ask yourself:</i> What's the cause; what could help you?</p>	<p><i>Talk to your:</i> Friends, family or peers about how you feel</p> <p><i>Go to:</i> Wellbeing service; Disability Services; Support agencies outside of UWE; UWE Students' Union Advice Centre; Info Point; a Resilient U Workshop</p>	<p>At risk of harming yourself or others; Feeling unsafe or know someone who is? Call: NHS 111; 999; Samaritans: 116 123; Bristol Crisis Team: 0300 555 0334 UWE security: 0117 3289999 For other non 24hr support see below</p>







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<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)

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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.elefriends.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