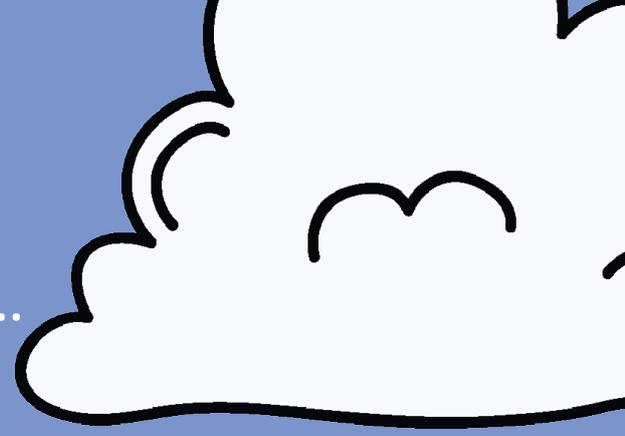




# LOOK AFTER YOURSELF

A GUIDE TO MENTAL HEALTH AT UNI

University can be so exciting-  
new connections,  
new knowledge, new hobbies...



And yet it can also be so destabilising-  
new responsibilities, new pressures,  
new anxieties...

This guide is a collection of the best  
resources both on and off campus, featuring  
free services, apps & websites, as well as  
descriptions of the most common issues.

**IF YOU OR SOMEONE YOU KNOW IS IN CRISIS  
OR NEEDS URGENT HELP YOU CAN CONTACT:**

### THE SAMARITANS

**116 123**

A free, confidential listening service,  
open 24 hrs, 365 days a year

### BREATHING SPACE

**0800 83 85 87**

A confidential Scottish helpline for anyone feeling  
low, anxious or depressed.

Open 24hrs on weekends, 6pm to 2am weekdays

# CAMPUS-BASED HELP

## THE SRC ADVICE CENTRE

A great service to point you in the right direction. Visit them for advice on all things student life that may affect your mental wellbeing, finances, academic issues & more

Find them at [glasgowstudent.net/advice](https://glasgowstudent.net/advice)

or visit them in the McIntyre building Mon-Fri 11:30-4

## CAPS (COUNSELLING AND PSYCHOLOGICAL SERVICE)

The university's professional counselling service provides one off appointments with qualified counsellors, as well as blocks of various sessions to help address mental health problems.

Email them at: [studentcounselling@glasgow.ac.uk](mailto:studentcounselling@glasgow.ac.uk)

or visit them at 67 Southpark Avenue

## DISABILITY SERVICE

For help managing disabilities or longer term mental health issues, the university's disability service is there to help.

Email them at:

[disability@glasgow.ac.uk](mailto:disability@glasgow.ac.uk)

or visit them at

65 Southpark Avenue



# PEER-LED HELP

## PEER SUPPORT

Available in 4 schools (Medicine, Vet Med, Business, SPS), peer supporters are trained students who can listen and help you navigate issues in a more informal way.

To find out more, email [studentpeersupport@glasgow.ac.uk](mailto:studentpeersupport@glasgow.ac.uk)

## BIG WHITE WALL

An online community where you can get support, express yourself and learn more about different mental health issues. Free access with your university account.

Find it here:  
[www.bigwhitewall.com](http://www.bigwhitewall.com)



## POSITIVE MINDS

A student society on campus focused on providing easily accessible, inclusive, peer-led mental health support on campus, as well as monthly positive events.

Find them on Facebook at [facebook.com/gupositiveminds](https://facebook.com/gupositiveminds)

# GETTING HELP OFF CAMPUS

## YOUR GP

A good place to start is with your GP. If mental health issues are getting in the way of your normal life, your GP can help you determine what support is best, and if you could benefit from taking medication

As a UofG student you should be registered with a local GP practice, find one here:

[www.nhsinform.scot/national-service-directory/gp-practices](http://www.nhsinform.scot/national-service-directory/gp-practices)

## LIFELINK

Know that you'd like counselling?

Lifelink allows you to refer yourself and finds you one-on-one counselling or group therapy, as well as featuring courses on mental health.

Find them and fill in their self-referral form at:

[www.lifelink.org.uk](http://www.lifelink.org.uk)



# HELPING YOURSELF

Self help is a great way to go about tackling issues, but it can be a little challenging to begin with.

Here is a wee guide to the basics of helping yourself.

## GETTING STARTED

Take a moment to make a list of the things you've been struggling with. Unhelpful behaviours, unpleasant feelings, upsetting thoughts.

Learn about what different mental health problems and what they look like.

Before you dive into self-help, it's important to understand what you need help with most.

## SETTING SMART GOALS

Set yourself goals so you can measure your progress as you go along.

Make these **SMART** goals.

**S**PECIFIC  
**M**EASURABLE  
**A**CHIEVEABLE  
**R**EALISTIC  
**T**IME BOUND

## STAYING ACCOUNTABLE

The biggest challenge to self help is that there isn't anybody checking your progress as you go along like a therapist would. Some good ways of staying accountable are starting a mental health journal, sharing your journey with your friends, or scheduling little check-ins with yourself.

# SELF HELP RESOURCES

## CAPS SELF HELP

A comprehensive library of self-help resources collated by qualified counsellors at CAPS. Organised by topic, there are countless links to learn from, as well as videos and guides to help you.

Find it here:

[www.gla.ac.uk/myglasgow/counselling/self-help/](http://www.gla.ac.uk/myglasgow/counselling/self-help/)

## MOODJUICE

Created by the NHS a little while ago, MoodJuice is bursting with great information on a wide variety of issues related to mental health, as well as general life skills. Don't let the slightly outdated website fool you, MoodJuice is probably one of the best self-help resources out there.

Find it here:

[www.moodjuice.scot.nhs.uk](http://www.moodjuice.scot.nhs.uk)

## WELLBEING GLASGOW

An initiative based in the Southside, the Wellbeing Glasgow website has a host of different self help resources on various topics. From booklets, to audio and video resources, to courses, this website is a great place to get some help.

Find it here:

[www.wellbeing-glasgow.org.uk](http://www.wellbeing-glasgow.org.uk)



# APPS

## WOEBOT

Your 24/7 robot friend, Woebot can check in on you daily, record your mood and walk you through lessons based on Cognitive Behavioural Therapy (CBT).

Available for Apple and Android

## MINDSHIFT

Focused on anxiety, this app has a wide variety of tools to help manage different symptoms and types of anxiety. Featuring a couple of coping methods, informational pages, even a small breathing exercise, this wee app is a mighty helper. If you've been struggling with anxiety this app is a great place to start.

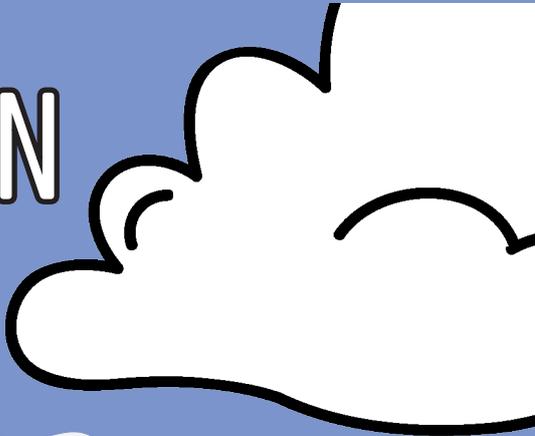
Available for Apple and Android

## HEADSPACE

Included in Spotify Premium for students, Headspace has a great library of short meditations that are easy to fit into a day. Headspace features different themed collections of meditations focusing on things such as stress, grief, anxiety, and more.

Available for Apple and Android,  
also available online at: [www.headspace.com](http://www.headspace.com)

# DEPRESSION



## WHAT DOES IT FEEL LIKE?

### ↳ MIND:

- "I've been feeling sad for days"
- "None of my hobbies excite me, I can't be bothered with anything anymore"
- "I'm the worst, I can't do anything right"
- "Life sucks, and it's probably all my fault"

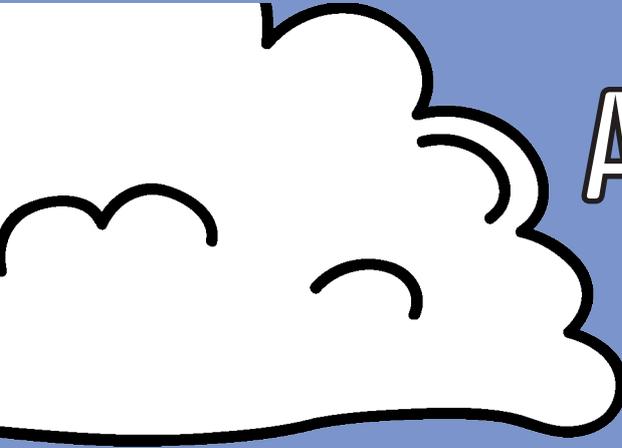
### BODY:

- "I'm SO tired all the time"
- "It takes me ages to fall asleep"
- OR "I just want to sleep all the time"
- "My body aches & I don't know why"

## WHAT DOES IT LOOK LIKE?

Do you think a friend might be struggling with depression?  
Here are some things to look out for

- "Recently my friend has had a negative outlook on things, they seem very down recently."
  - "I can't remember the last time my friend came to class"
  - "My friend usually loves doing this, but they haven't left their flat to do this in ages"
  - "Recently my friend has been super quick to get angry"
  - "This is the 3rd time my friend slept in this week, they can't seem to wake up and get out of bed"
- 



# ANXIETY

## WHAT DOES IT FEEL LIKE?



### MIND:

"I'm so worried about everything all the time and I can't shake it off"

"Everything is going to go terribly"

"I cannot concentrate at all"

"Everyone is getting on my nerves"



### BODY:

"My heart beat has been feeling off-  
too strong, too fast"

"I keep feeling dizzy and tired"

"I've been feeling kind of shaky"

"Sometimes I feel like I can't breathe"

## WHAT DOES IT LOOK LIKE?

Do you think a friend might be struggling with anxiety?

Here are some things to look out for

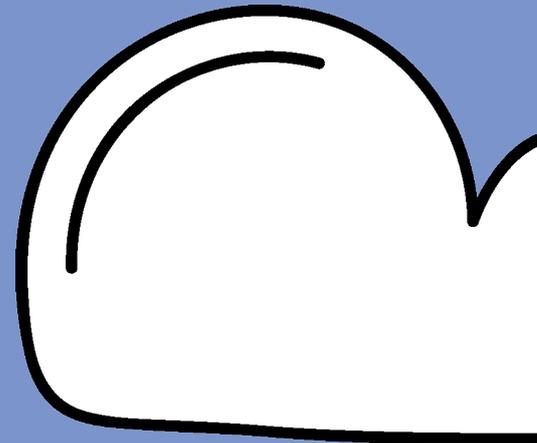
"Recently my friend has been kind of tense and jittery"

"My friend has been super hard to calm down, little problems seem like the end of the world to them"

"I don't think my friend has gotten much sleep recently"

"My friend has been very snappy recently, everything annoys them"

"Recently my friend has been feeling very self-conscious and acting oddly shy"



# PANIC ATTACKS

A sudden onset of acute and disabling anxiety that triggers real, scary physical sensations.

## WHAT DO THEY FEEL LIKE?

- "I feel like I'm dying"
- "My heartbeat is crazy fast"
- "I can't breathe"
- "My hands are all tingly"
- "The world is ending"
- "I feel like I'll faint"



## HELPING A FRIEND THROUGH ONE

Panic attacks are scary to go through, but having a friend while they happen can be very helpful.

- "I'm not going anywhere, I'm here with you"
- "Everything is going to be ok. You're going to be ok"
- "This will pass, it sucks right now, but it will be over soon"
- "Would it be helpful if I got you some water?"
- "Try to breathe along with me..."

Panic attacks can be symptomatic of other underlying issues. If you have a panic attack for the first time, make sure you visit a GP or counselor to get some help.

**If you're alone and have a panic attack, call Samaritans at 116 123 & they can help you through it.**

# EATING DISORDERS

There is a variety of ways in which disordered eating can present, but at their core they're all mental health issues.

## WHAT DO THEY FEEL LIKE?

"I think about food and calories all the time"

"The only way I feel in control is when I decide how I eat"

"My body feels so wrong and worthless"

"After eating I feel so bad I need to purge in some way"

"I need to workout everyday to work off the food I eat"

"I'm so exhausted, I never have any energy"



## WHAT DO THEY LOOK LIKE?

Do you think a friend might be struggling with an eating disorder? Here are some signs to watch for:

"My friend is always talking about food- how much they eat, what is good for them and what is bad"

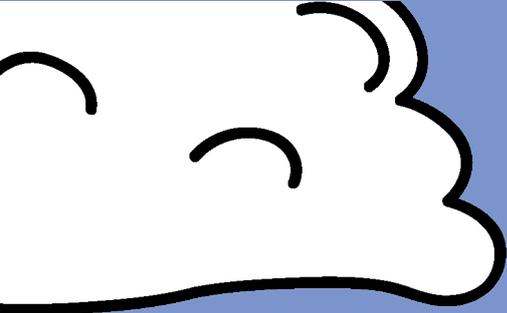
"Whenever we eat together, my friend disappears to the bathroom as soon as they're done eating"

"My friend is always talking about what their body looks like, they're always so negative about it"

"We used to do things together, but my friend has been so sluggish recently, they just don't have energy"

"My friend has been kind of irritable recently"

**For a detailed list of eating disorders and their specific symptoms, visit [beateatingdisorders.org.uk](http://beateatingdisorders.org.uk)**



# CHARITIES

## SAMH

The Scottish Association for Mental Health focuses on improving mental health through a variety of services and campaigns across Scotland.

Check out their website for a lot of resources:  
[www.samh.org.uk](http://www.samh.org.uk)

## THE MIX

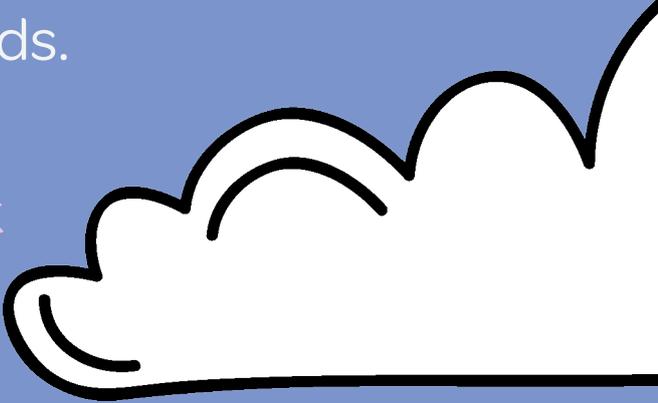
This charity offers free support to people under 25 in a couple of different ways. Be it through messages, the phone or their online resources, The Mix is there to help young people.

Check out their website to find out more:  
[www.themix.org.uk](http://www.themix.org.uk)

## BEAT

Devoted to helping people with eating disorders, BEAT has a bunch of very helpful resources. From detailed information on different eating disorders, to phone lines for those struggling to cope, to information for concerned friends.

Find out about all they do:  
[www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk)



# ACADEMIC ISSUES

Mental health disorders can get in the way of your studies. Here is what you can do.



## ADVISOR OF STUDIES

Your first port of call should be your Advisor of Studies, they can help you determine what type of Academic support you might need.

If you're concerned about an assignment or class in particular, get in touch with the Course Coordinator as well; they can give you assignment extensions.

## LEADS

If you're struggling with a particular type of assignment, the Learning Enhancement Academic Development Service can help you perfect your technique. From essay writing to maths, they can help you understand better and increase your confidence.

Find them here: [www.gla.ac.uk/myglasgow/leads/](http://www.gla.ac.uk/myglasgow/leads/)

## GOOD CAUSE

If you missed an exam or important assignment due to mental illness, you can apply for Good Cause.

If your claim is approved you may be able to re-do the affected assessment.

Find out more here:

[www.gla.ac.uk/myglasgow/senateoffice/policies/assessment](http://www.gla.ac.uk/myglasgow/senateoffice/policies/assessment)



# SPORT

Leading a balanced, active lifestyle is a great way to start feeling better. Here are some resources

## GYM BUDDIES

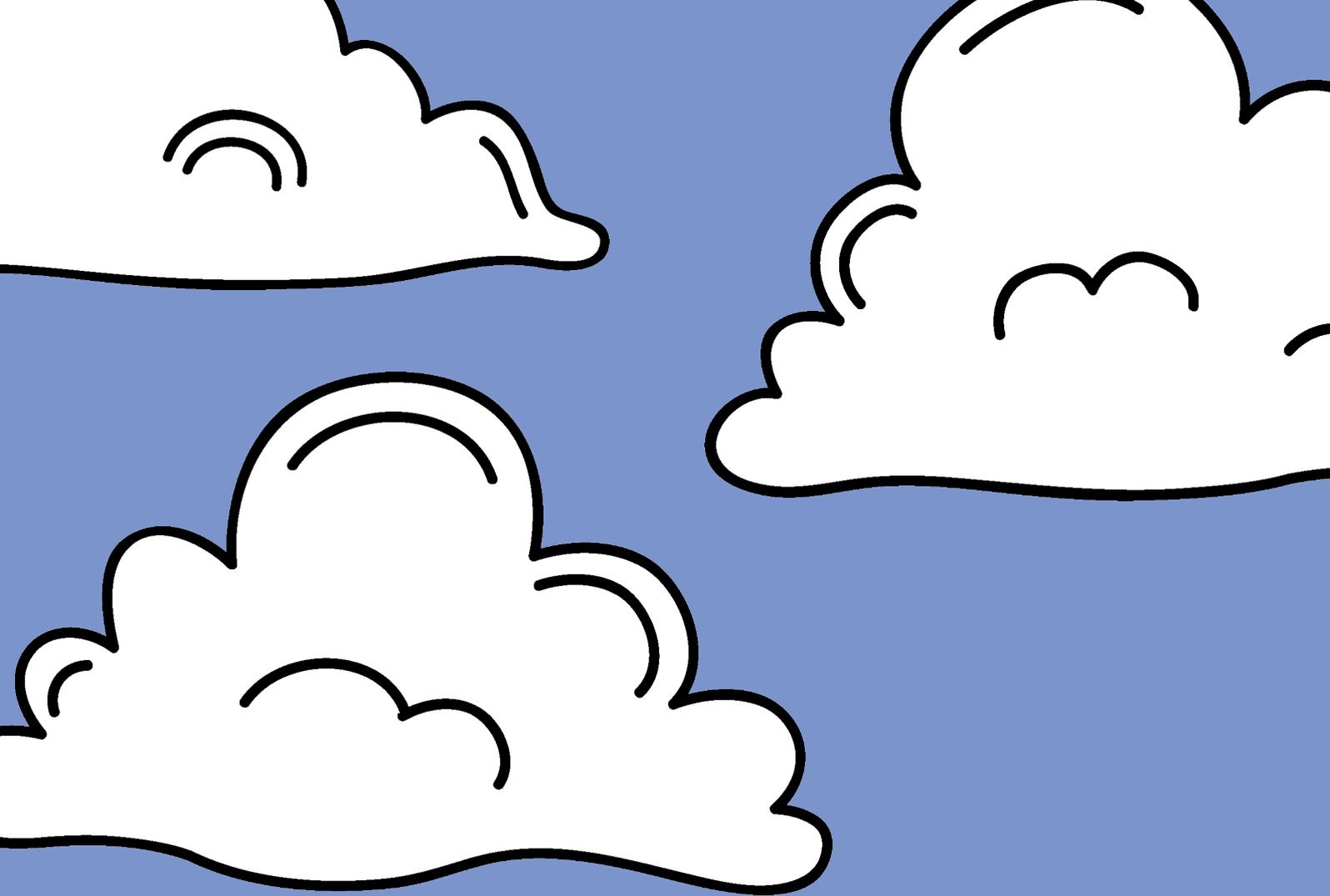
If you're wanting to go to the gym but you're feeling a little nervous or overwhelmed at the thought of it, a gym buddy can help! Friendly volunteers, gym buddies can help you get acquainted with the gym, as well as motivating you to carry on along the way. If you don't have a sport membership, you can use the gym for free with your buddy for up to a month!

## STARFISH

For help with disordered eating or excessive exercising, you can find help at GUSA's Starfish; a support group for anyone affected by these issues either personally or through a friend or family member.

Find out more about these by emailing:  
[gusa-welfare@glasgow.ac.uk](mailto:gusa-welfare@glasgow.ac.uk)





This guide is brought to you by the SRC as part of a cross-campus effort called Look After Yourself

Find out about future wellbeing events here:

[www.facebook.com/LookAfterYourselfGlasgowUniversity](https://www.facebook.com/LookAfterYourselfGlasgowUniversity)

