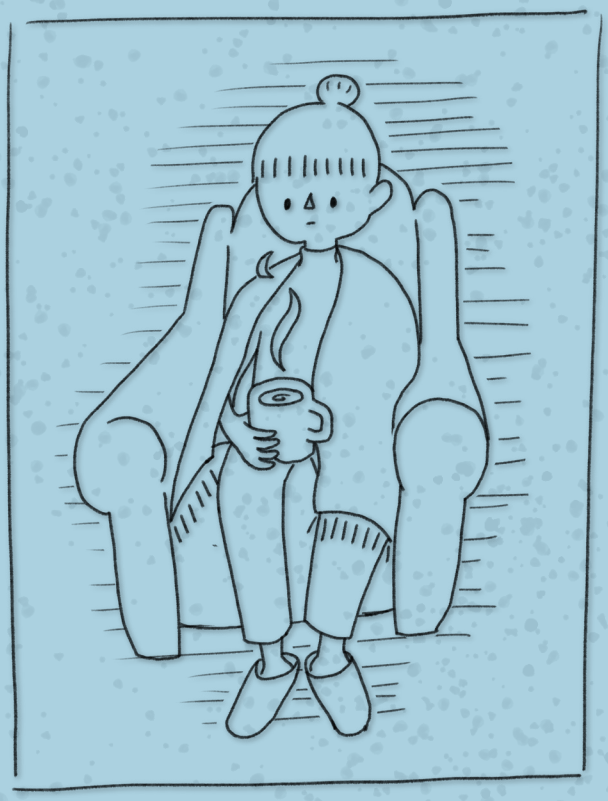
Coping during COVID-19



a guide to students from students

Rethink Mental Illness.

CITY OF LONDON

Intro

This guide has been created as part of the Rethink Mental Illness Step Up Universities project, which is funded by the City Bridge Trust. The scheme uses students' real-life experiences to try and foster a positive mental health community and help other students with their mental health. This guide has been created by Kay-Lee, Helena and Ioana with illustrations from Dylan Wilson.

We would also like to say thanks to UCL, Students' Union UCL, UWL, UWL Students' Union, The University of Middlesex, MDX Students' Union, University Arts London Students' Union, SOAS University, SOAS Students' Union and London Metropolitan University. Additionally, we would like to thank all of our student mentors for their input into the creation of this guide.

Creators

Hey everyone! My name is Kay-Lee and I'm currently doing a two-year MSc at UCL. Similarly, to many university students across the globe, I am adapting to the abrupt and complex changes of student life since the outbreak of COVID-19. I have really enjoyed sharing my own experiences and content that you'll find within the guide and hope the information will offer support and empower you to remain hopeful and motivated through this collective difficult time, as well as giving you the validation that it is okay to feel overwhelmed at the moment, as many of us do.

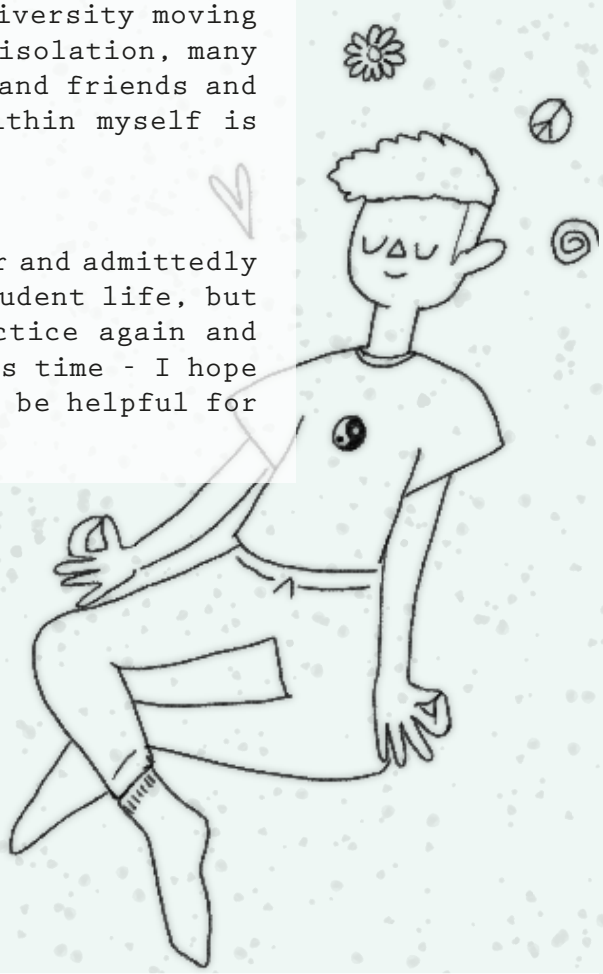
My name is Helena, I am a 4th year undergrad student at SOAS, University of London. Right now, I'm feeling a little bummed out that my final year of uni has been snatched out of my hands and I'm very worried that I might not be able to have a proper graduation ceremony with my coursemates that I've spent 4 years with. However, the extra time has allowed me to feel a little more relaxed about my dissertation writing and I'm hoping I might have time to do things I like, such as play video games - something I don't usually have time for as a final year student. I'm also trying my best to keep some routine and keep active even if I can't leave the house. My mood sways between quite downtrodden and fairly optimistic, but overall, I think I've got it under control because of the tools I have in my toolbox. Hopefully, this booklet will provide you with some tools to handle this stressful time too.

Hi everyone! My name is Ioana and I'm currently an MSc student at MDX University. Like most of you, I am struggling with all new and huge changes happening right now due to the COVID-19 pandemic. But besides our isolation, we need to adapt really quickly to everything. So, as a student, like most of you, I enjoyed sharing some of my tips that I am doing to make myself comfortable inside my house. I know this situation is frustrating and scary, but it's OK if you will experience a mix of emotions - I am already there due to the fact that this is my one-year Master's programme abroad and I was waiting a long time for this experience and now I can't have my final university year with my colleagues, so that is sad. I know that this is my final year, and COVID-19 ruined my last weeks of university here in the UK, and I am mad about this, but I will use this extra time for writing my dissertation. So, take a look at the content, I hope it will help you cope with the stress too. I hope you will find the strength and motivation to try new things, to make yourself busy and explore everything. Don't forget that your thoughts influence your behaviours and wellbeing, so stay safe. I really hope all the information will be useful for you, read, analyze and take everything you are interested in, and do it yourself at home.

Managing your mental health:

Like many of us, I have found myself led by worries and emotions recently, particularly with the collective anxiety and uncertainty circulating through talking with friends, family and listening to the media. With changes to university moving to online teaching, and social distancing/self-isolation, many of us may now be isolated and away from family and friends and it has made me consider how being at peace within myself is now more important than ever.

I have personally used mindfulness for over a year and admittedly slowed down my practice with the business of student life, but recent events have urged me to pick up my practice again and it has been useful in supporting me through this time - I hope these different ways of being mindful will also be helpful for you.



The anxiety of the changing circumstances and isolation can be mentally and physically draining. I have tried to use mindfulness to keep me grounded by allowing myself to feel - it's important to make space for the emotions that may be arising. Checking in with your body, identifying and acknowledging your emotions can bring a sense of calm rather than being overwhelmed. I also try to stay present, right now it's difficult to not to think about what could happen and how this will affect our studies and future. However, an important thing to remind myself has been that the world is pretty much in the same position, and in times of uncertainty, the best I can do now is try to work a day at a time.

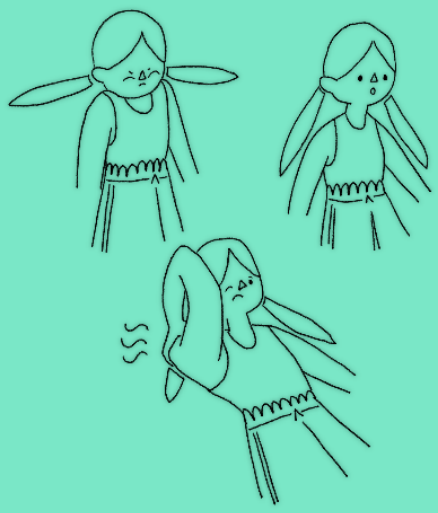
One suggestion I have that people could try is guided meditation. This takes a little more commitment, but regular practice can be helpful to lower stress, improve sleep and mental focus and is perfect for self-isolation/social distancing as it is best done alone. There is so much free content on YouTube, as well as apps such as Headspace, and you can start with as little or as much as you want to. The more you practice, the more beneficial it gets, but try to bring no expectations! 10 minutes a day has been a really great way for me to reset and release any stress/anxiety I have been holding and take a break from the digital world.

Managing anxiety:

Alongside mindfulness and meditation to manage anxiety, using the following breathing exercise to help calm you if you're feeling overwhelmed in the moment.

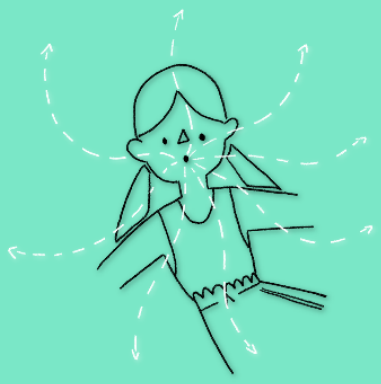
Pursed lip breathing

1. Relax your neck and shoulder muscles.



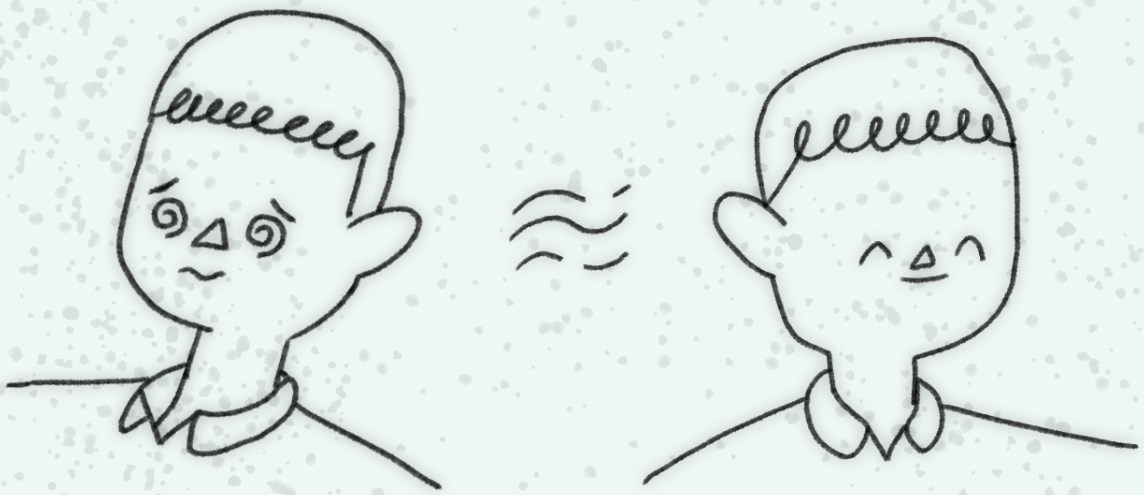
2. Breathe in for 2 seconds through your nose, keeping your mouth closed

3. Breathe out for 4 seconds through pursed lips.

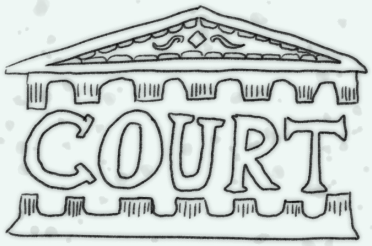


It's inevitable and responsible to want to remain informed of the situation but avoid obsessing over endless Covid-19 coverage. I am guilty of over-researching and noticed that my frequency of reading updates has increased. This can become time-consuming and anxiety-provoking. When you do choose to read updates consider; How credible is this information? How do I feel when reading this? Is this information necessary and helpful for me and how I feel right now? You can also check in with yourself to see if you are distorting any of the information, which in turn can make you feel worse. Cognitive distortions are thoughts that cause individuals to perceive reality inaccurately, and we've outlined a few in the next page here.

Cognitive Distortion	Explanation	Example
Black or White thinking	Seeing a situation and/ or yourself in extreme polarities - there is no grey area or middle ground.	This is the end of the world.
Fortune Telling	When an individual makes unreasonable predictions about the future.	Everyone I love is going to die.
Catastrophising	Imagining and believing the worst possible thing will happen	This is just the start of everything becoming awful, everyone I love will die, this is the end of the world.
Making Demands	When you set high expectations for yourself which are inflexible, rigid and unattainable.	During this isolation, I need to learn how to speak French, do 1 hour of exercise every day, complete my dissertation, do something creative and speak to my friends every day. If I don't do this, I'm not being productive.
Critical Words	Using critical words such as 'should', 'must' and 'ought' can make us feel guilty or like we have already failed.	I must study for 5 hours a day during this isolation period and I have to go for a run every day.



TAKE YOUR THOUGHT TO COURT



When experiencing negative thinking, it can be helpful to consider your thinking habits and challenge whether your thoughts are emotional or rational. The process of 'taking your thought to court' is relatively simple and can be done by writing it out or just in your head - and can be very good in combating the cognitive distortions and mind tricks your brain can play on you. Here is an example of take your thought to court in use:

My Thought: The world is going to end, and this is the beginning of the apocalypse.

Evidence it's a fact: We have been put into lockdown, something that has never happened my lifetime. I am not allowed to see friends or family.

Evidence it's an opinion: We've been put into lockdown to keep the virus from spreading, if we weren't in lockdown then the virus would spread more. This is happening around the world, and in some places they are already lifting the lockdown so

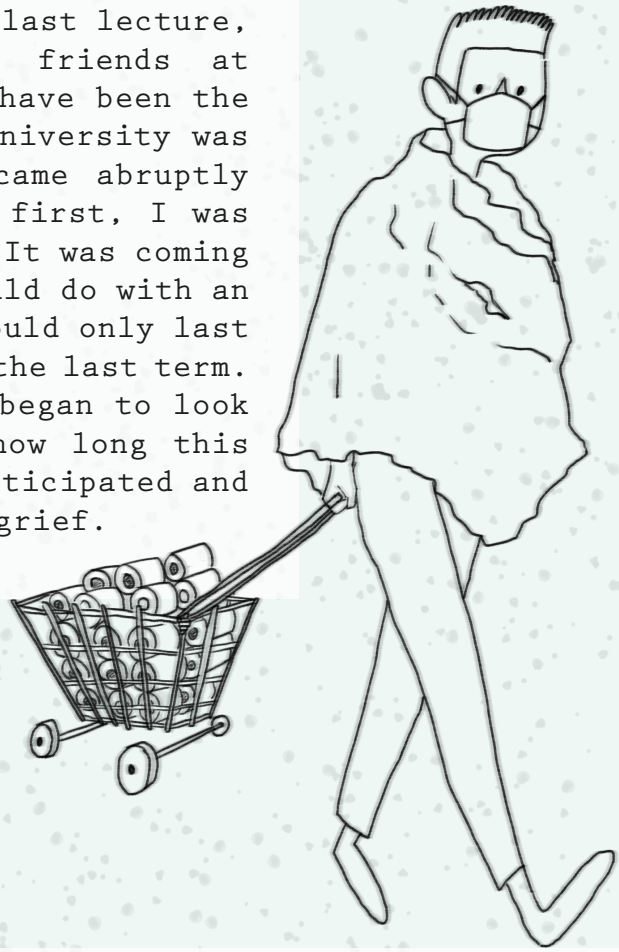
Based on the evidence, is it fact or fiction? Fiction

Revised rational thought: Lockdown is scary, but it won't last forever.

A lot of these thoughts that are listed above are being felt by everyone right now. Things are unknown and quite scary, it's a strange time, but trying to rationalise when cognitive distortions take hold can be grounding and help settle anxiety.

8 Coming to terms with the changes and grieving the loss of your expectations:

For many of us, when we attended our last lecture, seminars or had coffee with our friends at university, we didn't know it might have been the last time. Receiving an email that university was closed for the foreseeable future came abruptly and I wasn't sure how to react. At first, I was hopeful - working from home, great?! It was coming to the end of Term 2 anyway and I could do with an extra week off, besides maybe this would only last a few months and we would be back for the last term. However, as time progressed, things began to look more uncertain and time frames of how long this will last appear to be longer than anticipated and I can't help but feeling a sense of grief.



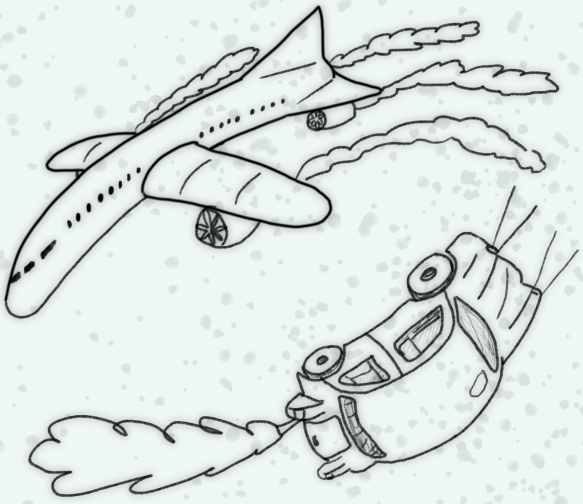
There's a lot of information out there with people encouraging us to find the positives in this situation and be grateful for health (which is absolutely valid) - but for many students, the loss of the rest of their academic year is a real and hard truth which may leave them missing out on learning, opportunities, placements, friends, graduation and simply taken-for-granted expectations that we had for our university experience. Not to mention the financial impact this will have on many of us.

So, should we feel bad for how we feel? Are we wrong to feel this way when the whole world is also struggling? My answer would be no. In such a unique circumstance, it's okay to be overwhelmed or not feeling so positive right now. It's important to process the fear and allow yourself time to acknowledge and experience whatever reactions or feelings you may have towards the situation, so you can make space to accept it.

I am also coming to terms with the loss of my expectations for my university experience which I had planned and saved up for, for many years and it is difficult, but I take each day as it comes and I know we are in this together.

Keeping Boundaries: Living back at home / Living away from home

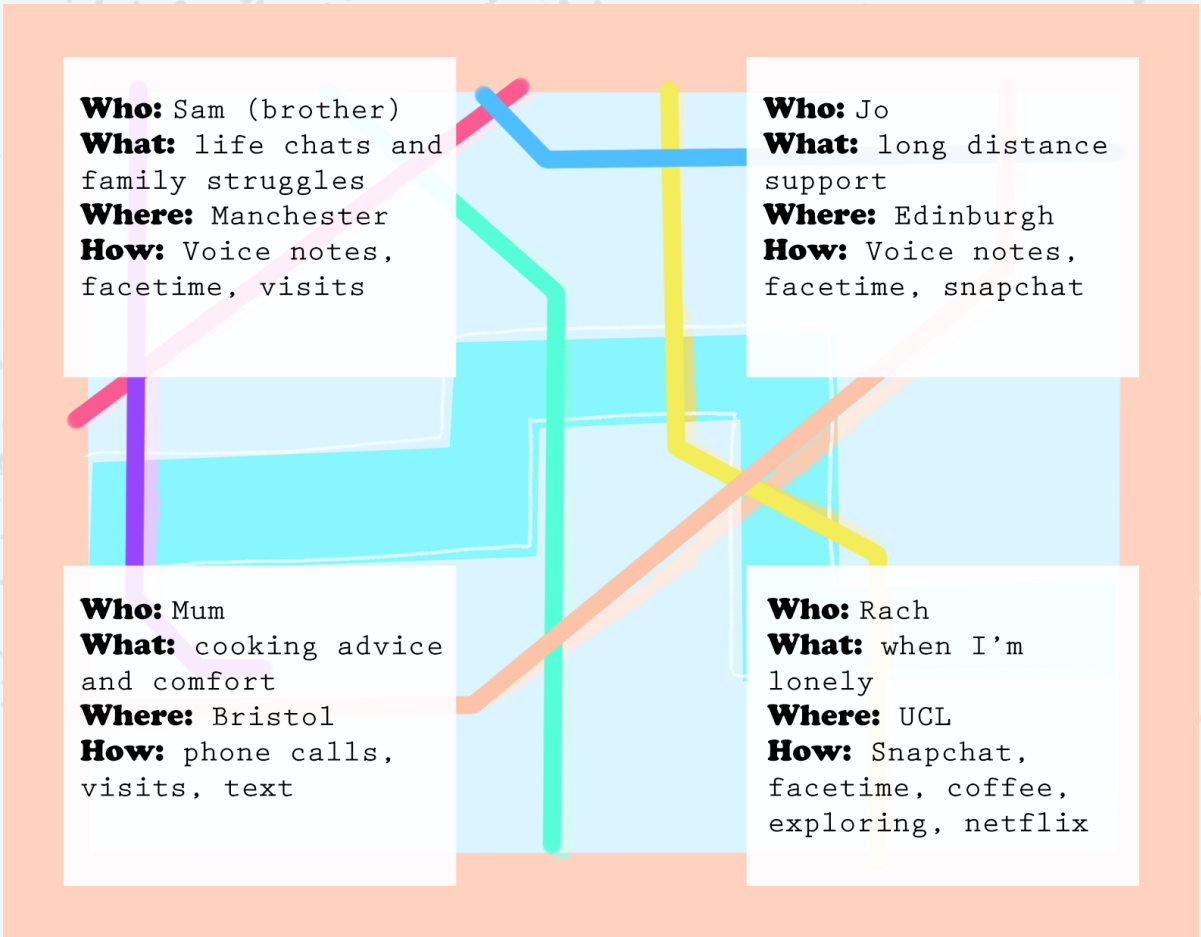
Living back at home: Some students may have moved back home with their parents during this time, and regardless of how good your relationship is with your parents, it can still be really challenging. You're used to having your own space, doing things in your own time and having freedoms that moving back home doesn't usually allow for. In order to make things run as smoothly as possible, we'd suggest sitting down with your family early on and try to establish some expectations and ground rules. These go both ways; it will be weird for your family to have you back too! These expectations can be things like your family expecting you to help out with the chores, and you wanting your family to give you space when you're in your room.



Living away from home and family support: You might have chosen to stay in your student accommodation for a whole host of reasons, but with things as they are, it will feel different and that is normal. It can be scary sometimes, dealing with these situations alone and without your family around you. If you are living by yourself, we'd suggest scheduling in phone calls with people every day - ideally morning, afternoon and then evening. It can be a very strange feeling when you get to 5pm and you haven't spoken all day. Additionally, if you're living with friends we'd suggest that you sit down and talk about expectations and ground rules for life in lockdown - make a clear cleaning rota (things get mucky quickly when you're in the house 24/7), make a rota for who gets to pick what's on the TV. If your housemates are inviting friends over and that is making you nervous, let them know and explain to them why. Clear, open communication is key here.

Boundaries when talking to friends: While we're separated from our friends and loved ones, it can feel like when we do talk to them on the phone all we seem to talk about is Coronovirus. I know this is something that I have felt, and it has really put me off reaching out to people for a chat. One way to deal with this is to message your friend / family saying: 'Hey, I'd really love to chat, but is it okay if we don't chat about X today, maybe we can talk about X instead'. It's okay to be clear, boundaried and put yourself first.

It's quite normal to feel lonely during lockdown. One exercise that can be quite useful is physically mapping out who to contact for different things. You might have one friend who's great if you're feeling anxious, and one who wouldn't deal with it so well. Below is an example of a support map. Have a think about all the people in your life who you can turn to for support, then, think about what they're good at giving, where they are and how you can get the support from them. You can also put numbers of support lines such as the Samaritans on the map.



The Importance of Routine

So, with everything changing around us, no university for now, online classes, and a crazy period with projects and assessments, you can feel that your life balance is now destroyed. It's perfectly normal to feel that way. At first, working or studying from home may feel like a good opportunity to catch up on some much need rest and recovery time. However, once you do decide to pick back up on your work, it may seem difficult to find motivation and keep it going. For me, attending class, study groups and the library provided necessary structure, but with that no longer being an option I have tried to create a schedule and adopt habits to keep me on track which you may find useful.

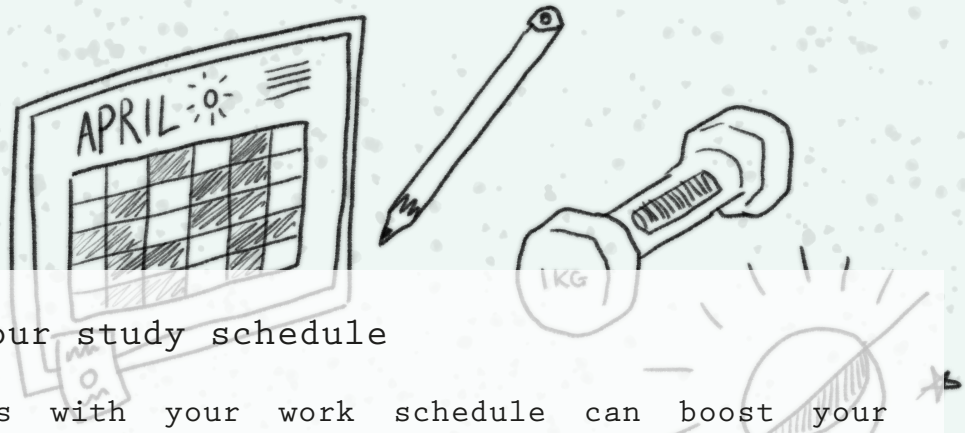
I created a timetable for the week with daily tasks I wished to complete. If you choose to make a schedule - see it as a guide rather than a rigid schedule and do what you can! Everyone's schedules will look different depending upon their priorities, goals and studies - so don't worry if your day looks different to others. Also, some days may feel more productive than others - remember to be kind to yourself and do what works for you. It's really important that during these difficult times, you work on what matters to you right now. Whether that is spending time/supporting family, working, studying or making time for new hobbies or interests. Connect with what matters to you most and brings you calm, peace or happiness during this time.

1) Start your day as you mean to go on

Even though I technically don't have to get up to be on time for lectures or look 'presentable' to the world, now that we are self-isolating, getting up with purpose is important. Setting an alarm, getting up fairly early, showering and getting dressed for the day gets me in the right headspace and helps my productivity - whilst staying in my pajamas makes me feel like I'm having a lazy day.

2) Separating/Organising your workspace

Dependent on your circumstances, some of you may have a separate space to study - whether that be a study room in uni halls, an office or a desk in your room - it's important to get this space organised and keep your work/study time to this area. As I am remaining in halls, I work at my desk so that I have a mental separation for work/relax space, particularly as I have a small room! However, if you don't have this, try to find or make space in your room that will allow you optimal productivity that is preferentially separate from where you sleep relax (i.e. avoid doing work in bed).



3) Organising your study schedule

Keeping boundaries with your work schedule can boost your productivity. Instead of saying to myself, 'today I need to study all day' which feels indefinite and is almost always unproductive, I find it's always better to say "if I do at least 2 hours on a very important task first without ANY distractions, then I can be more relaxed for the rest of the day". Working undistracted and with a plan for 2 hours can be surprisingly twice as productive as working with distractions for 4 hours. I try to fit in two of these two hour sessions and I often split them up in 50 minute portions or even 30 minute portions if I'm feeling daunted. The 5 minute rule also helps - if something productive I'm thinking about doing takes less than 5 minutes, I do it straight away. When I sit down in front of a blank page and I don't know what to write, I force myself to write headings for sections. Then I find the next 5 minute step.

4) Keeping active… for both body and mind!

Self-isolation and restrictions on leaving the house will naturally mean a more sedentary lifestyle. For me, exercise is just as important for mental focus and motivation as well as physical health. Luckily, I have always been a fan of home workouts and can continue this without much change. There are plenty of free content online to keep you active during this time without the need for equipment or money (check the free content page!). You can also do some stretching or yoga in the morning, having a good ol' boogie when you're taking your laundry out - anything that keeps you moving! Working out in the morning can help set your focus for the day ahead.

5) Keeping regular eating and sleep patterns

I try to stay regular with mealtimes - having breakfast when you wake up, setting a time for lunch and finishing up work in time for dinner - this allows me to keep my days in isolation similar to what I was doing prior. Midday naps and lie-ins are more tempting now than ever and can be a way to escape stress or worries. I have tried to keep a similar pattern of sleeping during the week, with some flexibility on the weekend as I would usually. This will help support your energy levels, concentration and motivation whilst at home.

6) Making time for fun

Fun during isolation is vital! Particularly when studying, rewarding yourself with fun time after a long period of work can keep motivation high. I find that it's better to commit to doing something really fun - that may seem time consuming - and then feeling focused to start studying. Something that has been calming during self-isolating, is being able to play video games, which I usually feel guilty "wasting" my time on. I also really like to draw, and I will be using some time to do that, too. Both of these activities require a couple of hours and some focus to enjoy but will make me feel much better than the 30 minutes on Instagram I might spend every hour, not focusing on my work.

7) Staying in touch with friends

I have a few daily habits to stay in touch with the outside world. I post instagram stories about my quarantine life and what games and such I'm playing, and people often reply. I do skype calls with the people from my group chat quite a lot. And I also find games I can play remotely with people.

8) Offline time

Life was pretty digital before isolation, but with the seemingly full move to online life, it's been important for me to set aside time away from the phone and laptop to do other things for myself and use the opportunity to spend time on things I didn't have time for before such as self-care, reading, yoga or other hobbies.

The power of social media (the good and the bad)

We're incredibly lucky in this day and age to have social media to keep us connected even when we're forced to be alone like right now. There are so many tools available to keep you connected with your friends and to ease a little of the loneliness caused by isolation. However, we have to be mindful of how we're using social media. Social media is only to our advantage if we use it purposefully. Using social media without a sense of purpose and without setting your own boundaries can have a negative effect on your mental health. So, it's important to seek out the things that help us in these times and to carefully reduce our exposure to things that can stress us.

Great ways to connect using social media:

• Calling people - Even if all your friends are cooped up in their houses and even if they're in other countries doesn't mean you can't see them these days. Most people tend to default to texting these days, but now everyone's stuck at home, you have time to default to calling. It's so much better to hear and see someone.

• Have a (virtual) house party - It doesn't have to stop at calling one friend. Use group video calls creatively to host a virtual house party. A few days ago, me and my friends had a party on messenger video chat and drank beer whilst hanging out for 4 hours and it really helped relax me. You can also use an app just made for this purpose called Houseparty (on the Apple and Google Play stores). It allows you to do group video calls, play built-in games and jump into parties your friends are having.

• Have a movie night - The Chrome extension Netflix party (www.netflixparty.com) allows you to watch Netflix films and TV shows simultaneously and remotely, whilst chatting to each other in a side-bar. If you think watching shows just isn't as fun on your own, you can use this extension to chat along with your friends and feel like you're all watching together.

• Keep people updated - Share what you're doing in this confusing time. Nobody knows what to do with themselves and everyone's looking to connect and relate over social media, so sharing what you're doing with your isolation time can start conversations and keep you feeling connected to the outside world. I like to post Instagram stories about games I'm playing, shows I'm enjoying, or asking questions, and it means I always have a few people reaching out every day.

• Play online games - If you have a game you like to play, see if there's a way to connect with your friends and play it online.

• Participate in online challenges - Various social media accounts are issuing out challenges for the isolation period. Amongst people I follow on Instagram, an artist called Struthless is doing a 14-day art challenge, where every day his followers submit art to fit a prompt, and he shows them all on his Instagram and/or YouTube. Also, the singer Rina Sawayama has leaked the lyrics and chords to her next single and challenged people to create their own version of the song before it comes out. This sort of activity can give you something to do and give you a sense of being part of something wider.

• Attend livestreams - If you have no-one to talk to, it can be nice just to be part of a livestream where you can listen along to people talking and respond back in real time. A lot of people are doing livestreams to keep people's spirits up around this time and it can really help just fill the silence and see that everyone else is going through this too.

Things to be careful of when using social media:

• Don't let it take over your day - You still need structure in your day, and you need periods of time without the distraction that social media brings. Distracting yourself with social media can lead you away from more rewarding ways you could spend your time, like indulging in a hobby or reading, and can also increase procrastination and avoiding the studying you may still need to do. Use the digital wellbeing settings on your phone (Settings -> Digital Wellbeing & Parental Controls on Android and Settings -> Screen Time on iOS) to monitor your screen time and set limits for yourself on how long you can use apps. Use an app like Forest (on Apple and Google Play stores) that blocks you out of your phone for study periods. Regulating these things is still important.

• Avoid upsetting news - The news right now is often quite bleak and although you may want to stay updated, its best to limit this to only getting the most essential facts when you need them and when you're in the right frame of mind. You don't want to run across them throughout your day and have it constantly spiking your anxiety. Turning off notifications in news apps is a good start, but more general-use sites like Facebook and Twitter can still feed you a lot of news - much of which is not accurate.

For Twitter you can block words to do with COVID-19 or anything that upsets you using their advanced muting options (https://help.twitter.com/en/using-twitter/advanced-twitter-mute-options).

It's more difficult for Facebook, but I find deleting the Facebook app off my phone and keeping just Messenger means that I only make the effort to log in on my laptop when I purposefully want to see and interact with the newsfeed.

• Double check your facts - If you see news that is distressing you on social media, check the sources to be sure that it's not just speculation. Try to get your information about COVID-19 from official government bodies like the NHS, WHO and Public Health England, and from reputable news sources. Avoid being panicked by unfounded claims.

• Be mindful of who and what you follow - Only follow people that are putting out content that has a positive impact on you. When you find yourself stressed out by certain content, or wonder why you are following someone, don't hesitate to unfollow. You should not be allowing social media to bombard you with anything.

Remember, it's all about using social media with purpose; choosing to interact with the parts of it that entertain you and bring you some relief and avoiding things that are harmful or just create pointless noise and distraction. Different content will be positive or negative for different people and it's important to be mindful about what you feel and how you personally operate optimally in the world of social media.

Tips for cooking (now everything is shut!)

A large part of looking after your mental health is looking after yourself practically. At the moment, we are living in a way that many of us have not experienced before - and it can be quite strange! The main things we need to do is keep ourselves fed, keep our space clean and keep our minds and bodies happy.

One of the things that can be the most challenging is making 3 meals a day, every day. One thing you can do, is make double or triple the portion of food whenever you cook and then keep some in the fridge or freezer for another meal - I find this really takes the pressure off of cooking every meal.

If you're stuck with what to cook there is loads of inspiration online - and many cooks and chefs have been posting recipes that you can make with things you might have in your store cupboard. Check out Jack Monroe for cheap, store cupboard meals or websites like BBC Good Food or Bon Appetite for some cooking inspiration.

Cooking can even become a hobby during this time, and you can even get creative and try out some new recipes, such as making your own bread or baking a cake - its ok to screw things up and try something new!

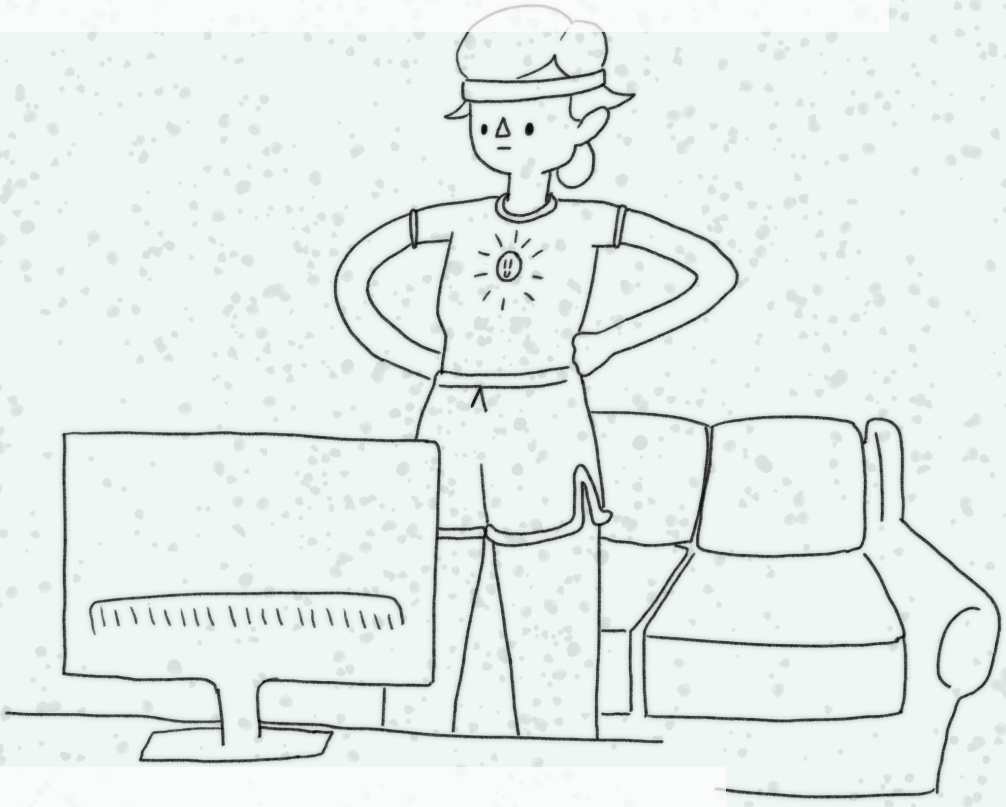
Tips for exercising at home.

Working out can help your mental health in so many ways, including:

• Improving your sleep - you'll be more physically tired at the end of the day and sleep better; this can give you more energy to manage the next day

• Regulating hormones and mood - exercise floods your body with endorphins that lift your mood and regulates cortisol so that you feel less stressed and anxious.

• Getting you out of your head - Exercise can help you focus on your body rather than your thoughts, which may be stressing you out, for a little while, and can also be an outlet for negative emotions. Often, you'll feel a little more clear-headed after exercise.



Personally, I like how exercise makes me feel more in connection with my body, allowing me to manage the physical signs of stress. I prefer exercise that makes me feel strong and builds my strength because it makes me feel capable and builds my self-esteem. That sense of confidence even spills over into my uni work and my social life, even though they don't seem directly connected to exercise. Part of it may also be to do with how it makes me feel more alert and therefore more able to complete my daily tasks.

Free Content for You!

Being alone and isolated can be hard for you as a student - as for me, this is definitely the case! You were used to having an active social life and a huge group of friends. For me, it's hard to be inside my house without doing the old things I used to do, or I wished too. But check this out, if you are an active person, you can find below free yoga, fitness, and gym classes. Or, if you are that type of person that is always busy with intellectual growth and the grave to explore and feel the intense sensation of the most impressive museums, you can now take a virtual tour. Search for the perfect book, listen to opera, find something that you enjoy doing. Everything is free and from your own room. It will never be more comfortable than now, right?

Our top three online exercise classes:

1. Joe Wicks workouts are great for all abilities

2. For something more relaxing like yoga, try Yoga with Adriene

3. If you're up for the challenge, HIIT classes with Fitness Blender

Our top three art and culture activities:

Visit museums around the world with this list of free, virtual museum tours at bit.ly/museumtoursTO

Listen to some of the best opera around. You can have the whole stage with music and stories in your room at bit.ly/FreeOperaMet

You can download over 300,000 e-books at bit.ly/freebooksTO

Our podcast suggestions:

1. How To Fail with Elizabeth Day - How To Fail With Elizabeth Day is a podcast that celebrates the things that haven't gone right. Every week, a new interviewee explores what their failures taught them about how to succeed better.

2. The Homecoming Podcast by Dr Thema Bryant - A weekly podcast dealing with a range of topics such as self-compassion, anxiety, anger to facilitate a healthy existence and reconnection with the self for the listeners.

3. Happy Place by Fearne Cotton - Conversations with inspiring individuals who have either made a change in their own lives or who help people every day to find a different way of looking at life.

Getting Help

In the first instance, we would recommend seeking help through your universities welfare services, as often this is the quickest way to receive psychological help and advice as a student.

Crisis Care

If you or someone you know is experiencing a wellbeing crisis and/or wants to end their life, please contact emergency services (999) or your GP as soon as possible. If you or the person feels they cannot keep themselves safe, stay with someone until help arrives. Please know that there is no right or wrong way to talk about suicidal feelings. The most important thing is to seek support so that you or the person you are concerned about do not have to struggle with those feelings alone. If suicidal feelings become intense or develop into urges and/or plans please seek emergency support as soon as possible.

Talking Therapies

Therapy for common disorders such as depression and anxiety are now widely available across England thanks to the Improving Access to Therapies (IAPT) services. Each borough or locality has its own therapy service which can vary in size, waiting times, and therapeutic options available. The most commonly available therapy is Cognitive Behavioural Therapy (CBT). Most services have a local website where you can look up how to get access to their service. Some require referrals via a GP, whilst others accept self-referrals. *

Mental Health Referrals

Adults aged 18 and over need to access Adult Mental Health Services. Both Adults and CAMHS services provide support for depression, problems with food, self-harm, abuse, violence or anger, bipolar, schizophrenia and anxiety, and more. There are local NHS services around the UK, with teams made up of nurses, therapists, psychologists, support workers and social workers, as well as other professionals. You can refer yourself for an assessment with either service to see what help you could get. We would suggest initially visiting your local GP to see what help can be offered to you there. To find therapies in your local area, please go to http://bit.do/findtherapynhs *

*due to the ongoing situation with Covid-19 referrals may be slower than usual.

There is also a wealth of help and support that you can get online:

www.rethink.org
Rethink Mental Illness helps millions of people affected by mental illness by challenging attitudes, changing lives. Website contains A-Z factsheets on conditions, treatments, living with mental illness also information for carers.
Advice line 0300 5000 927 Monday to Friday, 9.30am to 4pm

www.thecalmzone.net
CALM (Campaign Against Living Miserably) is a health promotion charity with the aim of reducing male suicide in the UK. Website contains helpful information and ways to get involved.Helpline 0800 58 58 585pm to midnight, 7 days

www.papyrus-uk.org
Site focused on preventing young suicide with dedicated sections on resources for young people and their friends.
Hopeline UK 0800 0684141 Monday to Friday, 10am to 10pm

www.talktofrank.com
Web-based information as well as an email service and helpline. Website contains A-Z of drugs and advice on what to do if you are worried about a friend.
Helpline 0300 123 6600, 2pm to 6pm

www.lifesigns.org.uk
Site that gives guidance and support around self- harming.

www.nightline.ac.uk/want-to-talk
A confidential listening, support and practical information service for University students You can talk to them about anything - big or small - in complete confidence without judgement.
Call (+44)207 631 01016pm to 8am BST every night of term

www.nopanic.org.uk
No Panic helps people who experience Panic Attacks, Phobias, Obsessive Compulsive Disorders and other related anxiety disorders including those people who are trying to give up Tranquillizers.
Helpline 0844 967 4848, 7 days 10am to 10pm

www.mind.org.uk
Mind is a mental health charity offering both frontline services and online information. A-Z information about mental health and information and support can be found on their website.
Info line 0300 123 3393
Legal Advice line 0300 466 6463

www.samaritans.org
Samaritans provide a helpline for people wanting assistance to talk about issues related to their wellbeing or any other problem troubling them.
Helpline 08457 909090, 24hrs, 7 days a week

www.studentminds.org.uk
The student minds website has a wealth of information and resources about being a student and managing your mental health as well as information if you are concerned about a friend.