

CONFIDENTIALITY

Everyone working for the university has a legal duty to keep information about you confidential. We may, however, need to use statistical information, which does not identify you, for planning, training, or research. All personal information disclosed to your practitioner will be treated as confidential. Further information regarding confidentiality is included within the self referral form.

Data Protection Act (1998)

To help us with our record keeping, your administrative details will be held on a computer and subject to proper use under the data protection act.

If you are concerned about any aspect of the service or you have any suggestions that may improve the service then please discuss them with the practitioner. If you are still dissatisfied please telephone: 01524 592082 to speak to the College Liaison & Student Wellbeing Services Manager.

One in four people will experience mental health problems at some point in their lives. They may as a result experience difficulties in their ability to function effectively.

If you have concerns regarding your own, a friends or a colleagues mental health then get support.

Other sources of support can be found through the

- ◇ Counselling Service Ext. 92690
- ◇ The Health Centre Ext. 94130
- ◇ The Base Ext. 92525
- ◇ Chaplaincy Centre Ext. 94071

Sue Crookall

Student Mental Health Adviser,
Colleges and Student Life,
Student Based Services,
c/o **The Base**, A-Floor, University House,
LA1 4YW

Telephone: 01524 594512

www.lancs.ac.uk/sbs/mentalhealth

Email: s.crookall@lancaster.ac.uk

Student Based Services
Colleges and Student Life

Colleges and Wellbeing
- Mental Health



Student Mental Health Adviser

www.lancs.ac.uk/sbs

Finding it difficult to maintain your mental health?

Mental health can be described as your own personal sense of well being which provides you with the emotional resilience to enjoy life, despite it's frequent ups and downs. Mental health is like physical health, at some times it is better than at others. However, despite it being a normal part of life, people are frequently reluctant to talk about it.

Being at university can be an exciting experience. However, moving away from home for the first time coupled with financial, social and study pressures can be anxiety provoking. Anxiety can lead you to experience feelings of isolation, a loss of confidence and depression.

These feeling serve to reinforce your anxiety, especially at times of high stress, for example, at exam time or when you have a large amount of work to deliver. This can affect your usual ability to cope effectively. You may find that you:

- ◇ Find it hard to concentrate
- ◇ Lack motivation
- ◇ Have anxiety or panic attacks
- ◇ Have difficulty sleeping
- ◇ Worry about excessive alcohol and or drug use
- ◇ Eat too little or too much
- ◇ Self harm
- ◇ Hear voices

- ◇ Experience suicidal thoughts

If you are experiencing any of these difficulties, act now — don't wait until you feel that your problems are insurmountable. Get support from the student mental health adviser.

What the Student Mental Health Adviser Service offers?

- Provides a confidential support service to students who are experiencing mental health difficulties
- Carries out assessments of required academic and other support needs. Works collaboratively with the student to establish practical strategies to overcome problems, so that they are not put at academic disadvantage.
- Offers non judgmental advice and support to friends, colleagues or tutors of students with mental health needs.
- Advises staff and students about other agencies that can offer support both inside and outside the university
- Helps manage crisis situations
- Staff training

The student mental health advisor will work with you in a collaborative way to identify your presenting difficulties and jointly agree manageable goals, with a view to helping you make positive changes to your life.

You can self refer directly to the service at:

<http://qmp.lancs.ac.uk/em4/coun/counselling.asp>

You will then be contacted to arrange an appointment.

In some cases she will be able to direct you to other services that may be more appropriate to your needs.

Look after yourself!

- ◇ Get enough sleep
- ◇ Drink alcohol in moderation
- ◇ Avoid illicit drug use
- ◇ Eat sensibly
- ◇ Get some exercise
- ◇ Do things you enjoy