



Staff Mental Health Awareness Drop in/Support Group

Commencing Thursday 26th November.

Do you feel

- as though you carry too much responsibility when dealing with students with mental health difficulties
- distracted from your primary role
- worried that you've not done all that you can
- as though you lack knowledge and experience, when dealing with mental health issues
- fearful that you are not complying with DDA legislation
- fearful of negative publicity
- unsure when dealing with confidentiality issues
- afraid of student suicide
- worried regarding your own mental health

If you answered yes to any of the above questions – then get support. The student mental health advisor Sue Crookall RMHN and the occupational health nurse Angela Mackay Fowler are running a monthly support group on a Thursday between 13.00 and 14.00 in B104, Furness College. It is an informal group so feel free to bring your lunch.

The group aims to reduce work related stress and potential burnout and improve the students experience by fostering emotional resilience, deal with potential areas of conflict and support reflective thinking.

If you have any questions regarding this group or any mental health issues please feel free to contact Sue on s.crookall@lancaster.ac.uk