

# HELP

## when feeling low or anxious

### Feeling overwhelmed or struggling to cope with everyday life?

Visit Student Life to make an appointment with an adviser or get in touch:

T: **01642 342277**

E: **studentlife@tees.ac.uk**

If you or a friend need help outside of working hours or need some general information about mental health, this leaflet may help you find the support you need.

## Six ways to reduce anxiety

Follow these simple steps to help you to cope with your anxiety right here, right now.

### 1 Take a deep breath

Remember the 7/11 rule.  
Try slowly inhaling to a count of 7 then exhaling to a count of 11. Repeat.

### 2 Accept that you're anxious

Remember anxiety is just a feeling, like any other feeling. By reminding yourself that anxiety is simply an emotional reaction you can start to accept it.

### 3 Question your thoughts

When people are anxious their brain comes up with ideas that are often unrealistic and unlikely to occur, which can fuel the anxiety. Try asking yourself these questions when challenging your thoughts:

- > Is this worry realistic?
- > Is this really likely to happen?
- > If the worst possible outcome happens, what would be so bad about that?
- > How have I/others managed this before?
- > What might I do?
- > How could I prepare for this?

### 4 Use a calming visualisation

Picture yourself somewhere that brings up a positive feeling, such as on a holiday. Try to visualise using all of your senses; how did you feel, what could you smell, what could you see, what could you touch and what sounds could you hear?

### 5 Use positive self-talk

Anxiety can make you think the worst might happen. try to re-focus your thinking to something positive: 'I am a capable confident person and I can manage this'.

### 6 Focus on right now and take control

Anxious thoughts can often include worries about the future. Try to pause and re-focus your mind to the present moment and remind yourself that you are in control of what happens next. Try to continue with your day as planned.

## Help us support you

If you know of any additional websites, apps or support groups that you have found useful please get in touch.

E: **studentlife@tees.ac.uk**

## Wellbeing websites

If you need general advice without having to speak to someone else, you might find these websites useful

Wellbeing	Website	Support
MIND: Everyday living	<a href="http://mind.org.uk/information-support/tips-for-everyday-living">mind.org.uk/information-support/tips-for-everyday-living</a>	Tips and support for coping with everyday living
NHS self help	<a href="http://nhs.uk/conditions/stress-anxiety-depression">nhs.uk/conditions/stress-anxiety-depression</a>	Self assesment and self-help resources for mental health
NHS self help guides	<a href="http://new.nhs.uk/selfhelp">new.nhs.uk/selfhelp</a>	NHS self help guides for mental health
Recovery College	<a href="http://recoverycollegeonline.co.uk">recoverycollegeonline.co.uk</a>	Short courses to support your health and wellbeing
Student Space	<a href="http://studentspace.org.uk">studentspace.org.uk</a>	Resources to support mental health and wellbeing

## Emergency situations

If you find yourself in a crisis situation it's important to try to go to a place of safety. You could tell a family member or friend how you're feeling so they can help you get the support you need. For urgent help and support contact:

Organisation	Telephone number	Support
Emergency services	999	For any emergency requiring urgent assistance
NHS	111	Medical non-emergency advice
Roseberry Park (Crisis Mental Health Assessment Suite)	0800 0516 171 Or turn up to reception to be seen – no referral needed	For anyone experiencing suicidal thoughts who may be at risk of harm and unable to keep themselves safe

## Useful contacts

If you want to talk to someone about how you are feeling or need some support, help is available.

Organisation	Telephone number	Website	Support
Anxiety UK	08444 775 774	<a href="http://anxietyuk.org.uk">anxietyuk.org.uk</a>	Support for people experiencing anxiety
Beat	0808 801 0677	<a href="http://b-eat.co.uk">b-eat.co.uk</a>	Eating disorders support helpline
Calm	0800 585 858	<a href="http://thecalmzone.net">thecalmzone.net</a>	Mental health support for men
Carers UK	0808 808 7777	<a href="http://carersuk.org">carersuk.org</a>	Information and support for carers
Cruse Bereavement	0808 808 1677	<a href="http://cruse.org.uk">cruse.org.uk</a>	Bereavement support
Mind	0300 123 3393	<a href="http://mind.org.uk">mind.org.uk</a>	Advice and support for mental health
Muslim Youth Helpline	0808 808 2008	<a href="http://myh.org.uk">myh.org.uk</a>	Faith support service targeted at vulnerable young people in the UK
NHS listening service	0800 0516 171 (option 3, option 3)	<a href="http://tewv.nhs.uk/new-nhs-listening-service-in-teesside">tewv.nhs.uk/new-nhs-listening-service-in-teesside</a>	Listening service for emotional support
Samaritans	116 123	<a href="http://samaritans.org">samaritans.org</a>	Listening service for emotional support
Student Space	Text STUDENT to 85258	<a href="http://studentspace.org.uk">studentspace.org.uk</a>	24 hour text service to support mental health and wellbeing
Switchboard	0300 330 0630	<a href="http://switchboard.lgbt">switchboard.lgbt</a>	Listening services for LGBT

## Mental health and wellbeing apps

Apps can be used to support your mental health and wellbeing. However it's important to seek medical advice if you have concerns about your symptoms. You might find the following useful.

App	Support
Five Ways to Wellbeing	Activities to help you reflect on and improve your wellbeing and track your progress
SAM: Self-help for Anxiety Management	Support for learning to manage your anxiety
Mindshift	Learn relaxation skills, develop strategies to help with anxiety
Stay Alive	Suicide prevention app for people with thoughts of suicide and those who have concerns about someone else
Headspace	Helps with sleep and stress through meditation
Insight	Meditation and mindfulness app
My Possible Self	Monitor and track your emotional health
Happy Healthy	Lifestyle choices and wellbeing: sleep, exercise, nutrition

