

Wellbeing Information and Guidance for Students

Warning signs of stress and anxiety

The vast majority of students will generally enjoy their time at university! There will be ups and downs but this is perfectly normal and to be expected. However, there may be occasions when you will struggle more than is expected. The following signs can indicate when someone is struggling to cope:

- a persistent lack of energy or feelings of tiredness/fatigue
- a generalised feeling of restlessness and agitation
- feeling tearful
- not wanting to talk to or be with people, not engaging with their course
- not wanting to do things they usually enjoy
- using alcohol or drugs to cope with feelings
- finding it hard to cope with everyday things.

It may not just be one issue causing your stress and anxiety but a few things. There is a lot of wellbeing support available at BU and the table here provides a list of issues and suggested referral routes for support and practical advice. If you are feeling stressed or anxious, do not ignore it or leave doing something about it! Talk to someone whether that is your academic advisor, programme leader, programme support officer, the SUBU Advice team or Student Wellbeing. It is better to deal with an issue as soon as it arises or when you recognise that there is a problem rather than leaving it until the situation or condition gets worse.

Common pressure points

- arriving at university and leaving home - homesickness, settling into accommodation, making friends, feeling overwhelmed, away from family and friends, academic pressure
- mature students returning to study, juggling family life/childcare or other caring responsibilities
- first assignments/first exams
- 6 week 'dip' when the honeymoon period is over!
- returning after Christmas
- issues on placement
- dissertations/final projects.

Ways to improve your wellbeing

- 5 steps to mental wellbeing: explore five things that, according to research, can boost your mental wellbeing: www.nhs.uk/conditions/stress-anxiety-depression/pages/improve-mental-wellbeing.aspx
- watch drinking limits
- eat healthily
- take any prescribed medication regularly
- avoid dangerous substances
- play sport/take up a musical instrument
- join a club/take part in some volunteering – SUBU.

Look out for fellow students

If you feel that there is a non-urgent issue relating to a fellow student and you are unsure what to do:

- try to encourage them to talk to someone.

If there is an **immediate concern for the safety of a student or others** refer to Emergency Services as soon as possible.

- on campus internal - 111 for 24/7 telephone access to mental health advice and support
- on campus - 222 (01202 962222 from a mobile) to call emergency services and alert the well being duty officers
- off campus - 999 to call emergency services and 01202 962222 to alert the well being duty officers.

Issue	Referral route
Finance	AskBU T: 01202 969696 E: askBU@bournemouth.ac.uk SUBU Advice T: 01202 965779 E: subuadvice@bournemouth.ac.uk
Immigration/Tier 4 Visas	AskBU T: 01202 969696 E: askBU@bournemouth.ac.uk
Housing	Residential Services T: 01202 961671 E: accommodation@bournemouth.ac.uk SUBU Advice T: 01202 965779 E: subuadvice@bournemouth.ac.uk
Health/Sexual Health	GP/Pharmacies where the student is registered Sexual Health Clinic drop-in at The Junction and Bournemouth Hospital
Crime	Universities Police Team T: 101 Estates (if on campus) T: 01202 965515 Victim Support Drop in service for students located at The Base, Poole House, second Tuesday of each month
Sexual Assault	The Shores Dorset Sexual Assault Referral Centre (SARC) Madeira Road, Bournemouth T: 01202 552056 Dorset Rape Crisis if not a recent incident
Homesickness, Loneliness, Isolation	Chaplaincy T: 01202 965383 E: chaplaincy@bournemouth.ac.uk Student Support & Engagement Team E: SSET@bournemouth.ac.uk (Mon-Fri: 9am-5pm) Res Life Team & Welfare Coordinators SUBU e.g. Clubs & Societies, Volunteering, SportBU/Music & Art Student Wellbeing T: 01202 965020 E: studentwellbeing@bournemouth.ac.uk
Low Self-Esteem, Relationship Issues, Bullying, etc.	Chaplaincy T: 01202 965383 E: chaplaincy@bournemouth.ac.uk Student Support & Engagement Team E: SSET@bournemouth.ac.uk (Mon-Fri: 9am-5pm) Student Wellbeing T: 01202 965020 E: studentwellbeing@bournemouth.ac.uk SUBU Advice T: 01202 965779 E: subuadvice@bournemouth.ac.uk Relate T: 01202 311231 www.relate.org.uk
Bereavement	Chaplaincy T: 01202 965383 E: chaplaincy@bournemouth.ac.uk Student Wellbeing T: 01202 965020 E: studentwellbeing@bournemouth.ac.uk CRUSE Bereavement Care T: 01202 302000 www.crusebereavementcare.org.uk
Any Mental Health Condition including: • Depression • Anxiety • OCD • Post-Traumatic Stress Disorder • Phobias • Psychosis	Student Wellbeing T: 01202 965020 or 111 internal for 24/7 for mental health advice and support on campus E: studentwellbeing@bournemouth.ac.uk GP Surgery where the student is registered The Retreat over 18s with a self-defined crisis. Hahnemann House (Mon - Thurs: 4.30pm - midnight, Fri - Sun: 6.30pm - 2am) Walk-in facility but referral through Student Wellbeing Steps2Wellbeing www.steps2wellbeing.co.uk Big White Wall digital mental health and wellbeing service offering safe, anonymous online support available 24/7 Samaritans T: 116 123 (Freephone) (9am-9pm) drop in St Stephens Road Bournemouth
Eating Disorders	GP Surgery at Talbot an eating disorders specialist for registered students Beat national eating disorder group T: 0808 801 0677
Drugs & Alcohol	Student Wellbeing referral to Young Adults Drug & Alcohol Service (YADAS) via Student Wellbeing Alcoholics Anonymous T: 0800 9177650 Narcotics Anonymous T: 0300 999 1212