

# Mental Health and Wellbeing

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Lots of students feel stressed or have low moods from time to time. If you feel that you are struggling with your mental health then there is always someone you can talk to. There are many ways to access support at the University; either with Student Support Services, through the Guild or on a Department level.

## Where to get help

If you are having a bad day or experiencing difficulties which are causing you distress, you could consider sharing this with your friends, flatmates or family. They may be able to help you find solutions or support you in feeling better. If you are in University Accommodation, you could consider speaking with your Residential Advisor or your Warden.

If you are currently, experiencing difficulties there are a few tips on how to cope right now;

- Try to stay focused on the present moment.
- Limit your use of drugs and alcohol as they can exacerbate problems.
- Get to a safe place, like a friend's house.
- Spend time with other people.
- Try to do an activity you enjoy, such as going for a walk

There is a list of guides and tips to help you with [everyday things](#).

## Student Support Services

Everyone is different and some people find it easier to speak about concerns in a more confidential setting.

It can feel overwhelming knowing which service or who to contact. As first point of contact, you can access the [University Advice and Guidance](#). There is a counselling and a mental health advisory service

The [University Counselling Service](#) is a free, confidential service open to both students and staff. The University's [Mental Health Advisory Service](#) can offer mental health support to students who suffer with mental health difficulties. With the chance to discuss your mental health needs in relation to your studies and involvement at University. Drop-in sessions for these services are available 11am-1pm Monday to Friday at the Alsop Building.

You should be able to speak with an Advisor who can help you understand which service is appropriate for your needs.

## GP

If you are experiencing severe low moods and persistently feeling anxious or worried, you should contact your GP. They will have information about the different options open to you to help you feel better.

You can review the [Brownlow health](#) Webpage for information about local GP registration and opening times. If you do not have a GP, contact Health watch on 0300 777 7007 to find one near you. They can also put you in touch with an out-of-hours GP service for things that cannot wait.

## Additional Support Services

University of Liverpool students going through a tough time can now access free online support with [Big White Wall](#). Whether you're struggling to sleep, feeling low, stressed or not coping, Big White Wall can help you get support, take control and feel better. The service provides 24/7 online peer and professional support, with trained counsellors.

[Students Against Depression](#) is a website offering advice, information, guidance and resources to those affected by low mood, depression and suicidal thinking <http://studentsagainstdespression.org/>.

## How can the Guild Help

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### Guild Advice Service

The Guild Advice Service provides free, confidential and impartial advice on academic, housing, wellbeing and financial issues to University of Liverpool students. With principals of Confidential, Independent, Non-judgemental we can help students understand complex processes within the University; including Academic Progress, Complaints and Disciplinary Procedures.

The Advice Service drop-in normally runs from 1-3pm, Monday-Friday. Drop-ins are a first point of access for most clients to explain their initial issues and receive advice on next steps. If it is clear that a client has a particularly complex issue and requires longer than fifteen minutes, an adviser will seek to book an appointment with the client at their earliest available opportunity.

Clients can also access advice via [email](#) and [telephone](#).

Telephone - +44 (0) 151 794 6868

Email – [guildadv@liverpool.ac.uk](mailto:guildadv@liverpool.ac.uk)

### Guild Activities and Societies

Feeling lonely can affect your mental health and sometimes if you are experiencing a mental health problem, you can feel more isolated and unsure of how to talk with people about things.

There are many activities available in the guild; either [Societies](#), [Green Guild](#) or [Volunteering](#) where you can get out, be active and connect with different students.

[Sports Liverpool](#) may also have an activity that suits you to give you some space away from study pressures.

It is never too late to join a new society or take up a new activity.

### Supporting others



Liverpool Guild of Students  
160 Mount Pleasant, L3 5TR  
+44 (0) 151 794 6868  
[www.liverpoolguild.org](http://www.liverpoolguild.org)

Charity Number: 1137398  
Company Number: 07324992

If you have concerns about the mental health of another student, it is important that you remember that everyone is responsible for their own wellbeing, so there is a limit to what you can do.

If you are seriously concerned that someone may harm themselves or others or you think there is danger to anyone, you should call the Emergency Services on 999 to ask for the police and/or an ambulance.

If an incident takes place on university premises (on campus or at the university residences) you can get help from the 24 hour university security service by phoning 0151 794 2222. The Security Service can call for the Emergency Services but you can also call 999 yourself.

If you have more general concerns about the mental health of a student, try to talk with them and find out whether they have been receiving help. You can tell them about the various services outlined above and encourage them to contact one or more of them.

### **If you are feeling like you are in crisis or are having suicidal thoughts**

Try to speak to someone about how you are feeling. Below there are helplines who are there to help if you are feeling down or desperate.

The Samaritans Helpline is a safe place for you to talk any time you like, in your own way – about whatever is getting to you. For more information on what happens when you contact click [here](#). Remember you do not have to be in crisis to call them it can be helpful to talk about difficulties you are experiencing. You contact Samaritans helpline (**24 hour helpline**) on **116 123**.

[Campaign Against Living Miserably \(CALM\)](#) – for men Call 0800 58 58 58 – 5pm to midnight every day

[Papyrus](#) – for people under 35 - Call 0800 068 41 41 – Monday to Friday 10am to 10pm, weekends 2pm to 10pm, bank holidays 2pm to 5pm. Text 07786 209697 and Email [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org).