

Mental Health and Wellbeing

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

Mind have 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 always come and speak to a Guild adviser if you wish to discuss what support is available to you and what is most appropriate for your needs.

You can access the [Student Welfare Advice and Guidance](#). The advice team are there to provide initial advice on issues which may be affecting your general welfare. They can direct you to support services or listen if you just need to talk to someone in a quiet confidential space. Drop-in sessions for these services are available 11am-3pm Monday to Friday at the Alsop Building or you can email advice@liverpool.ac.uk

The [University Counselling Service](#) is a free, confidential service open to all students. You can access this service through the advice drop-ins 11am-3PM Monday to Friday at the Alsop building or you can email counserv@liverpool.ac.uk. The Counselling Service's [website](#) also has lots of online resources

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 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.

Postgraduate Research students

Postgraduate researchers can face specific challenges to their wellbeing such as, working in isolation, managing workloads along with family life and at times even communication issues within supervisors and teams.

PGR students, like all students, can access the above support services at the university and can also speak with a Guild Advisor for confidential and independent advice. The [Wellbeing for PhD researchers' webpage](#) has PGR specific resources, there is information in the Liverpool Doctoral College [handbook](#) and certain schools run PGR Wellbeing Projects. To find out more information these you can contact your school support office.

How can the Guild Help

Guild Advice Service

We offer free and confidential advice to all University of Liverpool students. We are independent from the University and here to support you. Our advice is non-judgmental and aims to provide you with the information you need to make an informed decision about the options available. We deal with a wide range of academic, housing and wellbeing issues so if you are unsure just get in touch; if we can't help you, we'll direct you to the people who can.

Our Advice Service is open Monday to Friday, 9.30am - 4.30pm. You can contact our Advice Team by email to guildadvice@liv.ac.uk or visit us at one of our drop-in sessions. Drop-in usually takes place on Monday - Friday between 1pm-3pm although can be subject to change. You can email or call reception on 0151 794 6868 to confirm drop-in times with the team. To access drop-in, you simply need to go to Guild reception during the available times and request to see an adviser.

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

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.

[Student Welfare Advice and Guidance](#) advisors can check in on students if concerns are raised about their wellbeing. If you are concerned about another student you can let the advice team know on email advice@liverpool.ac.uk or through the advice drop-ins at the Alsop Building 11am-3PM Monday to Friday

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.

[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.

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

[James Place](#) is a service for young men experiencing suicidal feelings. They provide a [safe space](#) in Liverpool and you can access support from them [here](#). They also provide a 24 hour Text Helpline for young men – You can text JP TO 85258.