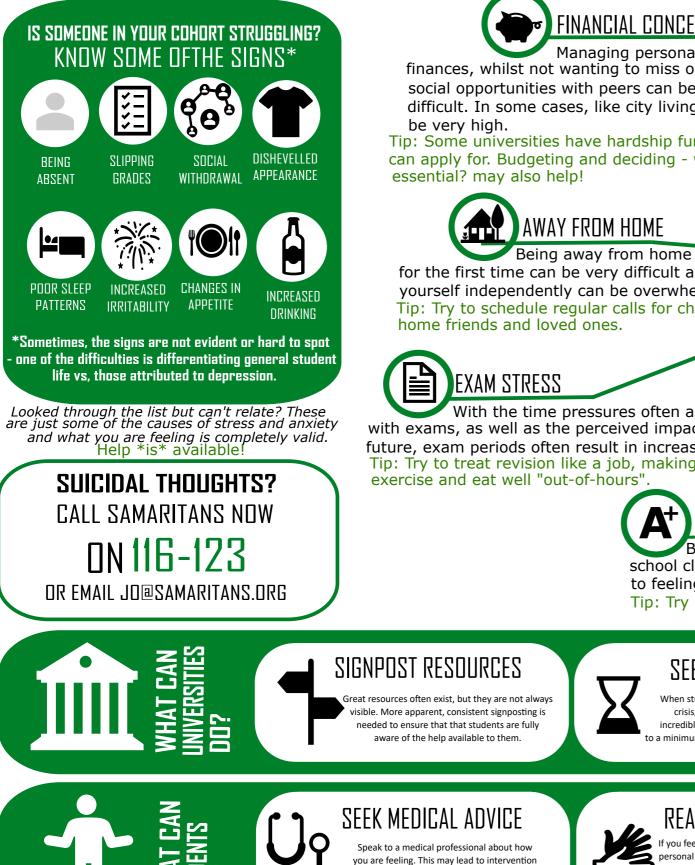
UNDERGRADUATE MENTAL HEALTH AWARENESS WITH APPROXIMATELY 1 IN 4 UNDERGRADUATES EXPERIENCING MENTAL HEALTH CONCERNS,¹ THIS POSTER EXPLORES SOME OF THE STRESSORS STUDENTS FACE DURING THEIR UNIVERSITY STUDIES



FINANCIAL CONCERNS

Managing personal finances, whilst not wanting to miss out on social opportunities with peers can be very difficult. In some cases, like city living costs can

Tip: Some universities have hardship funds students can apply for. Budgeting and deciding - what is



for the first time can be very difficult and fending for yourself independently can be overwhelming. Tip: Try to schedule regular calls for check-ins with

With the time pressures often associated with exams, as well as the perceived impact on the future, exam periods often result in increased anxiety. Tip: Try to treat revision like a job, making time to exercise and eat well "out-of-hours".

GRADE PANIC

Being in the top percentages of your school classes, to middling at university can lead to feelings of impostor syndrome and inadequacy. Tip: Try not to compare yourself with others.

LIVING WITH OTHERS

Living with housemates

SEE STUDENTS FAST

When students are experiencing a mental health crisis, the speed that the student is seen is incredibly important. Wait times need to be kept to a minimum with priority given to those most in need

TRAIN STAFF & CREATE LINKS

LITTLE FISH, BIG POND

With the increasing size

feel like "just one of the crowd".

you in the direction of help.

are there for *you* and can point

Staff need to be fully aware of the reporting routes and help available to students to be able to advise on next steps. Having personal tutors to provide an proachable, familiar face for the student is important so that student has someone they can talk to.

Speak to a medical professional about how you are feeling. This may lead to intervention such as medication or counselling to help you manage your mental health.



f you feel able, talk to a friend, family member, your personal tutor, or one of your lecturers and let them know you are in need of help. They will be able to provide support and guidance.Your peers will likely be experiencing similar feelings.

FOCUS ON YOU

With the pressure on exams and grades, it is easy to forget that looking after yourself, such as working out, going for a walk and eating well can also help your wellbeing (and often grades too) as well as studying hard.

Part of the #mentalhealth series by Dr Zoe Ayres,@zjayres. (Not a medical professional). Free to distribute. Reference: 1. One in four students suffer from mental health problems, Scott Aronin, Matthew Smith, YouGov Survey, 2016.

