



BPP



**BPP University
Students'
Association**

MENTAL HEALTH & WELLBEING RESOURCES

IN THE UNITED KINGDOM

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SUPPORT AVAILABLE

at BPP



Your story
makes you
stronger.

BPP University provides support for hundreds of students with a wide range of learning difficulties, disabilities and health conditions, including mental health. We provide support for all students regardless of visa status and we can offer guidance and support with applications for Disabled Students' Allowances.

Wellbeing and Mental Health

Your wellbeing is important and we appreciate that you may just want to discuss your feelings. If you are experiencing low mood, depression, anxiety, have an existing mental health condition or just want someone to talk things through, don't hesitate to contact the Learning Support Team at learningsupport@bpp.com. We can offer our experience and support you through the challenges which life at university naturally presents.

Safeguarding and Prevent at BPP

If you would like to talk to us about a welfare issue that might impact on your studies, such as abuse, online safety, radicalisation, bereavement, addiction, homelessness, please contact the Safeguarding Team on safeguarding@bpp.com or call us on **07464 542 636**

Counselling Service

BPP also offers a free telephone and virtual counselling service to all students. Please visit the Counselling Service website: totalwellness.info and select the 'Make your Appointment' tab.

GENERAL RESOURCES

to Support Wellbeing

Connect with Nature

Spending time outside in nature can really help clear your mind and support mental and physical wellbeing. There are some great places to visit as part of [The National Trust](#). If you fancy something a little more active check out [Sport England's website](#) to join a new sports team.

Culture Shock

"Culture shock" describes the impact of moving from a familiar culture to one which is unfamiliar. It can affect anyone, including international students. For more information about how to spot the signs and the support available to students experiencing the effect of culture shock check out [UKCISA's guide here](#).

Keeping Physically well

It is very important that you look after your physical health as well as your mental health during your studies. One aspect of this is ensuring you are fuelling your mind and body with nutrients, check out [NHS's guide to nutrition here](#).

NHS Support

The National Health Service are here to offer you support both mentally and physically during your time as a student. Check out there guide on [student health here](#).

CRISIS AND EMOTIONAL Support Helpline



If someone is in a mental health crisis, **contact 999** in an emergency or **111** for urgent advice.

Samaritans

Phone: 116 123 (24 hours)

Email: jo@samaritans.org

Provide emotional support for anyone 24 hours a day, 365 days a year. They allow people to talk about feelings of distress or despair and are confidential and offer non-judgemental support.

Crisis and Emotional Support Helpline

SaneLine Phone: 0300 304 7000 (6pm - 11pm 7 days a week)

Provides out of hours mental health and emotional support information to anyone affected by mental illness, including family, friends and carers.

The Mix

Phone: 0808 808 4494 (4pm - 11pm 7 days a week)

Offers support to under 25 year olds on any issue and can give advice on where to seek help.

RESOURCES

for Mental Health Wellbeing

1 in 4 people will experience some form of mental health issue in their life. It is important everyone takes care of their mental wellbeing.

Rethink Mental Illness

Phone: 0121 522 7007

(Check Website for opening hours)

Website: www.rethink.org

Rethink Mental illness provide a range of support, advice and information services relating to mental illness, as well as conducting national campaigns and research.

Action for Happiness

Website: www.actionforhappiness.org

Action for Happiness is a not-for-profit movement of people committed to building a happier and more caring society, by helping people to take practical action drawing on the latest scientific research. Their vision is a happier world, with fewer people suffering with mental health problems and more people feeling good, functioning well and helping others.

Mind

Phone: 0300 123 3393

(Check Website for opening hours)

Website: www.mind.org.uk

Mind provide a wide range of services relating to mental health, including information, support as well as research and campaigning work.

Hub of Hope

Website: <https://hubofhope.co.uk>

The Hub of Hope is the world's first of its kind mental health database bringing grassroots and national mental health services together in one place for the first time ever. Using the location of web browser or mobile devices, the cloud-based web application allows anyone, anywhere to find the nearest source of support for any mental health issue, from depression and anxiety to PTSD and suicidal thoughts, as well as providing a 'talk now' button connecting users directly to the Samaritans.

RESOURCES

for Students



Mental health issues rise to **1 in 3** among university students compared to **1 in 4** among other adults.

Student Minds

Website: www.studentminds.org.uk

Student Minds is the UK's student mental health charity, aiming to provide students with the skills, knowledge and confidence to talk about their mental health and support their peers.

Student Space

Website: <https://studentspace.org.uk>

The support provided by Student Space is safe, confidential and developed with students and experts in student wellbeing and mental health. The platform has a range of information and guidance all aimed at student wellbeing.

RESOURCES

for Anxiety



If someone is having a panic attack for the first time, treat it like a **medical emergency**. It may look like a panic attack but can be something more serious

Anxiety UK

Phone: 08444 775 774

(9:30am - 5:30pm, Mon - Fri)

Website: support@anxietyuk.org.uk

Anxiety UK is a national charity run by people with lived experience of anxiety, aiming to support everyone affected by anxiety through information and support. This can include talking therapies and self-help groups.

No Panic

Phone: 0845 390 6232

(10am - 10pm, 7 days a week)

Youth Helpline: 01753 840 393

(4 - 6pm, Mon - Fri, for people ages 13 to 20)

Website: www.nopanic.org.uk

No Panic is a charity which helps people who experience any kind of anxiety disorder. It specialises in self-help based recovery via their helpline and resources available on their website.



OCD Action

Phone: 0845 390 6232

(Check Website for opening hours)

Website: www.ocdaction.org.uk

OCD Action is the national charity for obsessive compulsive disorder. It provides information and support to those affected by OCD.

RESOURCES

for Depression



Depression is the most common mental health illness. Someone doesn't have to be suicidal to be suffering with depression.

Charlie Weller Memorial Trust

Phone: 01635 869 754

(Check Website for opening hours)

Website: www.cwmt.org.uk

The trust was set up in memory of a young man who took his own life due to depression. The trust educates young people on the importance of staying mentally well and how to do so.

PANDAS Foundation

Phone: 0843 2898 401

(9 am - 8 pm, 7 days a week)

Website: www.pandasfoundation.org.uk

The PANDAS Foundation provides support services for everyone affected by pre- and postnatal mental health issues. It also provides support for partners affected by caring for someone with pre- and postnatal mental health issues.



Depression UK

Email: info@depressionuk.org

Website: www.depressionuk.org

Depression UK is a national self-help organisation that offers support to everyone affected by depression.

RESOURCES

for Self-harm

Around 15% of all university students have **self-harmed** at some point in their life. If someone shows suicide tendencies, get them help immediately.

Harmless

Email: info@harmless.org.uk

Website: www.harmless.org.uk

Harmless is a user led organisation that provides a range of services for self-harm. This includes support, information, training and consultancy to people who self-harm, their friends and families and professionals

NSHN (National Self Harm Network)

Website: www.nshn.co.uk

The National Self Harm Network offers an online moderated support forum for people affected by self-harm



SelfharmUK

Website: www.selfharm.co.uk

SelfharmUK is a project dedicated to supporting young people impacted by self-harm, providing a safe space to talk, ask any questions and be honest about what's going on in their lives. It allows people to share their personal stories around self-harm and receive answers online. SelfharmUK is run by national charity Youthscape.

RESOURCES

for Suicide Prevention



CALM (Campaign Against Living Miserably)

Phone: 0800 58 58 58

(5pm - Midnight, 7 days a week)

Website: www.thecalmzone.net

Campaign Against Living Miserably is a charity which exists to prevent male suicide in the UK. They run a dedicated support line and online webchat for men who are experiencing emotional distress or who are in crisis.

Suicide is the most common cause of death for young people aged 25 - 34

Grassroots

Email: office@prevent-suicide.org.uk

Website: www.prevent-suicide.org.uk

Grassroots is a small charity focused on suicide prevention through training, consultancy and project work, including the #StayAlive app for those at risk of suicide or worried about someone else.

Papyrus

Phone: 0800 068 4141

(10am - 10pm Mon - Fri, 2pm - 10pm Sat & Sun)

Website: www.papyrus-uk.org

Papyrus is the national charity for the prevention of young suicide. It runs HOPELineUK, a dedicated suicide prevention hotline for anyone up to the age of 35 who may be feeling suicidal or anyone who is concerned about a young person

RESOURCES

for Abuse Victims



If someone has been a victim of rape, encourage them to seek **medical assistance** and offer support with criminal proceedings

Rape Crisis

Phone: 0808 802 999

(Check website for opening hours)

Website: www.rapecrisis.org.uk

Rape Crisis is a national charity supporting anyone who has experienced rape or any other kind of sexual violence. Local rape crisis centres are all across the UK, details can be found on their website.

NAPAC

Phone: 0808 801 0331

(Check website for opening hours)

Website: www.napac.org.uk

The National Association for People Abused in Childhood provides support for people affected by sexual abuse in childhood through a dedicated support line and training.

Survivors UK

Phone: 0203 598 3898

Survivors UK offers support to men who have experience sexual violence or abuse. This includes counselling, online and SMS support.

ADDICTION AND SUBSTANCE Misuse

Drinkline

Phone: 0300 123 1110

(9am - 8pm Mon - Fri & 11am - 4pm Sat - Sun)

Drinkline is a free, confidential national helpline for people who are concerned about their own or someone else's drinking.

Talk to Frank

Phone: 0300 123 1110

(9am - 8pm Mon - Fri & 11am - 4pm Sat - Sun)

Text: 82111

Talk to Frank is a national drug education service established in 2003. It provides information on legal and illegal drugs for teenagers and adolescents, including confidential information line and live chat services online.

Gamblers Anonymous

Website:

www.gamblersanonymous.org.uk

Gamblers Anonymous runs self-help groups across the UK for anyone affected by addictive gambling behaviours who wants to change.



If you suspect someone has taken an overdose or is in danger from substance or Alcohol misuse please seek **emergency medical help**

RESOURCES

for Armed Forces



Help for Heroes

Phone: 01980 844 280

(Check website for opening hours)

Website: www.helpforheroes.org.uk

Help for Heroes provides direct support for wounded, injured and sick veterans and serving members of the Armed forces and their families, including mental health support.

20 veterans die from suicide every day! If you think someone is suffering, get them urgent care and assistance

Combat Stress

Phone: 0800 138 1619

(Open 24 hours a day, 7 days a week)

Email: combatstress@rethink.org

The UK's leading Veterans mental health charity providing treatment or support services for all ex service personnel. They can help through a helpline, community and outreach support and several dedicated treatment centres.

PTSD Resolution

Phone: 0300 302 0551

(9am - 5pm, Mon - Fri)

Email: coord@ptsdresolution.org

PTSD Resolution helps veterans, TA and reservists who are struggling to reintegrate into a normal work and family life because of military trauma.

RESOURCES

for Bereavement

Bereavement Advice Centre

Phone: 0800 634 9494

(9am - 5pm, Mon - Fri)

Website: www.bereavementadvice.org

The Bereavement Advice Centre supports and advises people after a death. Their website and helpline provide help with the wide range of practical issues that need to be managed after a bereavement.

The Compassionate Friends

Phone: 0345 123 2304

(Check Website for opening hours)

Website: www.tcf.org.uk

The Compassionate Friends is a charitable organization of bereaved parents, siblings and grandparents dedicated to providing peer support to others going through a similar experience.


Cruse Bereavement Care

Phone: 0808 808 1677

(Check Website for opening hours)

Website: www.cruse.org.uk

Cruse Bereavement Care offer support, advice and information to children, young people and adults when someone dies.



Everyone deals with grief differently. Grief can take a long time to process, there is no **quick fix**.

RESOURCES

for Bipolar Disorder & Carers



Bipolar UK

Phone: 0333 323 3880

(Check Website for opening hours)

Website: www.bipolaruk.org

Bipolar UK is the national charity dedicated to supporting individuals with a diagnosis of bipolar disorder, as well as their families and carers.

It is easy to think someone who is experiencing a manic episode is doing "**better**", but this is just as serious as a depressive episode

Carers Trust

Phone: 0844 800 4367

(Check Website for opening hours)

Website: www.carers.org

The Carers Trust is a major new charity for, with and about carers. They work to support carers through a wide range of information, providing respite care services and online peer support, including a dedicated community for young carers under 18.

Carers UK

Phone: 08008 808 7777

(10am - 4pm, Mon -Fri)

Website: www.carersuk.org

Carers UK aims to make life better for carers, by providing advice on a range of issues, including financial and practical matters relating to caring.

RESOURCES

for Eating Disorders

Beat

Phone: 0345 634 1414

(Check Website for opening hours)

Website: www.b-eat.co.uk

Beat is the UK's leading charity supporting anyone affected by eating disorders. They run helplines for everyone and offer online support as well as peer support groups across the country.



Someone doesn't need to be underweight to have an eating disorder.

ABC (Anorexia and Bulimia Care)

Phone: 0300 111 1313

(Check Website for opening hours)

Website: www.anorexiabulimiacare.org.uk

Anorexia and Bulimia Care is a national UK eating disorder organisation providing ongoing care, emotional support and practical guidance for anyone affected by eating disorders.

MGEDT (Men Get Eating Disorders Too!)

Email: sam@mengetedstoo.co.uk

Website: www.mengetedstoo.co.uk

National charity raising awareness of eating disorders in men. Also provides peer support services for men affected by eating disorders.

RESOURCES

for Learning Disabilities

Mencap

Phone: 0808 808 111

(9am - 5pm, Mon - Fri)

Website: www.mencap.org.uk

Mencap works in partnership with people with a learning disability, their families and carers to provide a range of support services.

Hft

Phone: 0117 906 1700

(Check Website for opening hours)

Website: www.hft.org.uk

Hft is a national charity providing services for people with learning disabilities throughout England through personalised support services.

Generate

Phone: 0208 879 6333

(Check Website for opening hours)

Website: www.generate-uk.org

Generate is a charity which aims to support the lives of people with a learning difficulty.



RESOURCES

for LGBTQ+ and Stigma

Action on Postpartum Psychosis

Phone: 0300 330 0630

(Check Website for opening hours)

Website: www.switchboard.lgbt

Confidential support, information and referral services for the LGBT community including online chat services.

Stonewall

Phone: 0800 050 8080

(Check Website for opening hours)

Website: www.stonewall.org

Stonewall support all lesbian, gay, bi and trans people with a range of help and advice services and by working in partnership with businesses and communities to tackle issues related to discrimination.

Time to Change

Website: www.time-to-change.org.uk

Time to change is the main national anti-stigma campaign run by leading mental health charities Mind and Rethink mental illness.



Mental health issues rise to 1 in 3 within the LGBTQ+ community compared to 1 in 4 among other adults.

RESOURCES

for Personality Disorders



Emergence

Email: admin@emergenceplus.org.uk

Website: www.emergenceplus.org.uk

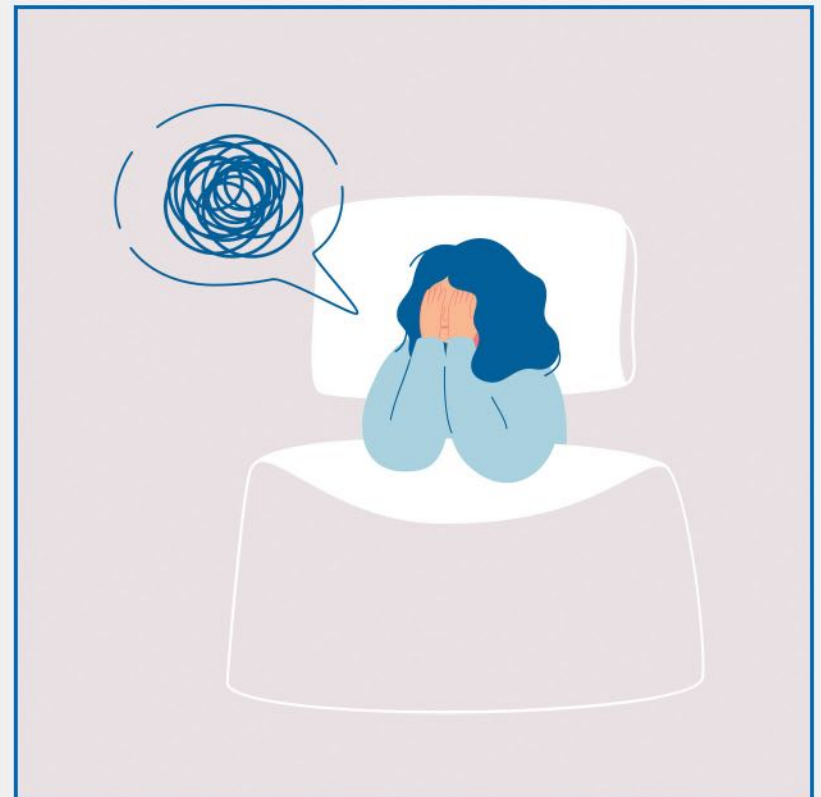
Emergence is a user led organisation with the overarching aim of supporting all people affected by personality disorder.

Personality Disorder - No longer a diagnosis of exclusion

Website: www.personalitydisorder.org.uk

The website for the Department of Health's national personality disorder programme, which provides a range of resources, including a service finder and details of pilot projects relating to personality disorder.

It is estimated that between **47% 77%** of people who commit suicide have a personality disorder. If you think someone is in danger, dial **999!**



RESOURCES

for Psychosis

Action on Postpartum Psychosis

Phone: 0203 3229 900

(Check Website for opening hours)

Website: www.app-network.org

Action on Postpartum Psychosis is a network of women with lived experience of postnatal psychosis, professionals and academics in the field. It offers peer support to families affected by postnatal psychosis, raises awareness and supports research into its causes.

Hearing Voices Network

Phone: 0114 271 8210

(Check Website for opening hours)

Website: www.hearing-voices.org

The Hearing Voices Network is committed to helping people who hear voices, see visions and experience tactile sensations and those that support them.

Voice Collective

Phone: 0207 911 0822

(Check Website for opening hours)

Website: www.voicecollective.co.uk

The Voice Collective is a London wide project that supports children and young people who hear voices, see visions or have other unusual sensory experiences. It also offers support for parents and families as well as training for professionals.



Over **100,000**
teenagers experience
Psychosis each year.

DISABILITY

A physical or mental impairment that has a 'substantial' and 'long-term' negative effect on your ability to do normal daily activities.

SELF-CARE

Self-care is any deliberate activity done to take care of mental, emotional and physical health. Ranges from brushing our teeth to exercise, meditation, reflection, eating and sleeping well

MENTAL HEALTH

A persons psychological and emotional states. Realises their potential, can cope with the normal stresses of life, can work productively and fruitfully

LEARNING SUPPORT

BPP support service for students with disabilities and health conditions including mental health conditions

STRESS (EXCESSIVE/ANXIETY)

Medical or biological stress is a physical, mental, or emotional factor that causes bodily or mental tension. Stress can cause or influence the course of many medical conditions including psychological conditions such as depression and anxiety

MINDFULNESS

Maintaining a moment-by-moment awareness of thoughts, feelings, bodily sensations, and surrounding environment, through a gentle reflection

BODY IMAGE

Body image is how we think and feel about ourselves physically. Sometimes, we worry about how we look or what our friends think about our body.

HEALTH CONDITION

A condition such as a heart condition, cancer, HIV, high blood pressure, epilepsy, MS, broken limbs, Fibromyalgia, Bronchiolitis, Bulimia. [Full list of NHS health conditions](#)

RESILIENCE

The psychological capacity to adapt to stressful circumstances and to recompose after adverse events: An ability to self-regulate, set boundaries, foster self-awareness, be accepting, look for meaning, adopt self-care habits, seek support as required.

WELFARE

A persons health, happiness and prosperity. When health and mental health are defined as good and external factors are not adversely affecting the individual

COUNSELLING

Counselling is a talking therapy that involves a trained therapist listening to you and helping you find ways to deal with emotional issues.

BURNOUT

A state of emotional, physical, and mental exhaustion caused by excessive and prolonged stress. It occurs when you feel overwhelmed, emotionally drained, and unable to meet constant demands.

SAFEGUARDING

To protect the health, well-being and human rights of individuals, in particular young people and vulnerable adults – to live free from abuse, harm and neglect.

HIDDEN DISABILITY

Includes mental health, autism spectrum conditions, chronic fatigue, a chronic illness which 'flares up' at times and reduces at other times, or specific learning difficulties like dyslexia or ADHD

WELLBEING

A broad concept relating to the following areas in particular: physical and mental health and emotional wellness. Control by the individual over their day-to-day mental and emotional states

MEDITATION

A practice where an individual uses a technique – such as mindfulness, or focusing the mind on a particular object, thought, or activity – to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state

EXAM STRESS

Some stress is useful/exam stress is a normal part of academic study and this should be recognised

REFLECTION

The examination of one's own conscious thoughts and feelings. In psychology the process of reflection relies exclusively on observation of one's mental state

BREAKDOWN (MENTAL)

A period of intense mental distress. During this period, the person is unable to function normally in their everyday life

EATING DISORDER

A range of psychological conditions that cause unhealthy eating habits to develop. They might start with an obsession with food, body weight, or body shape.

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