



# **A JCSU GUIDE TO WELFARE:** **AT JESUS COLLEGE CAMBRIDGE**

2022



# CONTENTS

- 3 ..... Who is this guide for
- 4 ..... Overview of the Welfare System
- 5 ..... In college
- 6 ..... In university
- 7 ..... Externally
- 8 ..... Recognising you may be struggling
- 11 ..... Recognising a friend might be struggling
- 12 ..... How to first ask for help
- 13 ..... Template Emails to send
- 14 ..... Finding more specific help
- 15 ..... What Therapies are available to me?
- 16 ..... How do I access these Therapies?
- 16 ..... The Crane's Charity: Funding for Private Therapy
- 17 ..... Supporting Someone Else
- 19 ..... Useful Resources and Learning More



# WHO IS THIS GUIDE FOR?

Everyone has mental health, and so in a sense, this guide is for everyone. Throughout people's lives, your mental health and wellbeing will fluctuate naturally. However, in a given year, approximately 1 in 4 people across the UK will experience a mental health problem, and so knowing how to recognise the signs and seek help is important for everyone to be aware of.

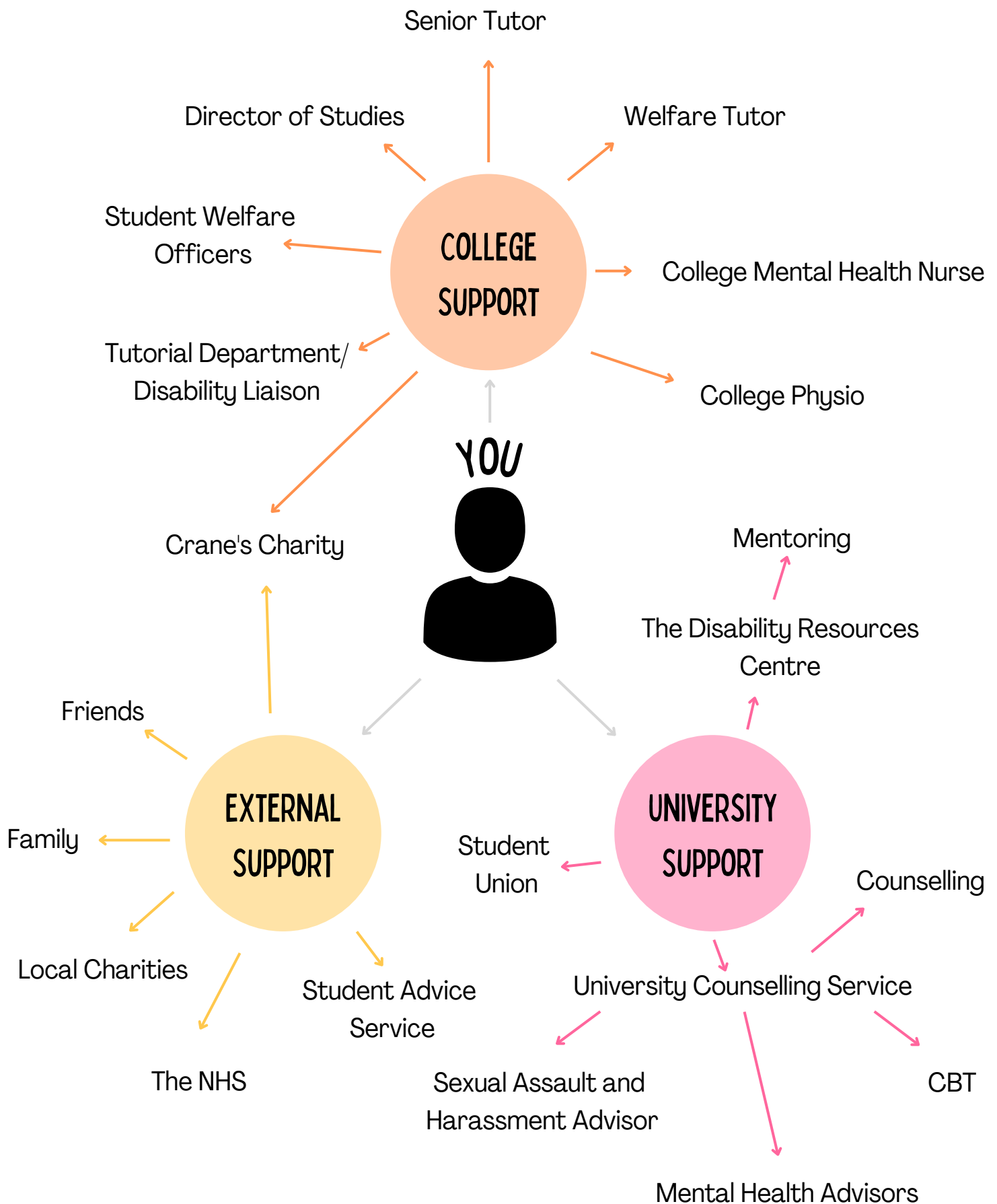
This guide will provide a comprehensive guide to welfare support at Jesus College and the wider university. You do not need to be experiencing a mental health problem to read it. The guide will provide information on identifying signs of a mental health problem in yourself and others, the pathways of support in the college and university, how to seek further support and useful resources to learn more about mental health and wellbeing. Even if you yourself never experience a mental health problem, being familiar with the support pathways can help you support a friend or loved one, ensuring the whole community is equipped to tackle mental health.

Mental health is everyone's business, and the more aware and understanding we are of it, the healthier our community will be.

## **! CONTENT NOTE !**

This guide will discuss mental health. We have tried to discuss it in a way that will avoid triggering anyone, but if you are worried that reading it may impact your mental health negatively, please **DO NOT** read the guide. You can always get a friend to read it and ask for the important information, if that will work better for you.

# AN OVERVIEW OF SUPPORT:



# AN OVERVIEW OF SUPPORT (COLLEGE):

## WELFARE TUTORS

There are 6 welfare tutors at Jesus, and you can contact any of them. They can offer a listening ear, signpost to further support and coordinate academic support.

They have daily drop-ins, and the specific timings can be found on JNet.

## STUDENT WELFARE OFFICERS

The JCSU and MCR Welfare Officers are always around for a chat, and they also run an anonymous messaging service. They help to advocate for student welfare in college committees, and are always happy to listen to any problems you want to raise. The individual liberation officers within the welfare team can also help with more specific issues.

## TUTORIAL DEPARTMENT

The tutorial department is an important contact for liaising with the Disability Resources Centre, and helping with financial issues related to your wellbeing and external support.

## SENIOR TUTOR

The senior tutor oversees welfare support at the college, will coordinate examination arrangements and if you might want to take a year out, and can help sign off on further support.

## DIRECTOR OF STUDIES

Your Director of Studies helps to oversee your academic support, but can offer welfare support too. They can help liaise with supervisors to lighten your workload, and advocate for you if you need examination arrangements. You should have termly meetings with them, which can be a good time for you to raise any problems!

## COLLEGE MENTAL HEALTH NURSE

The college mental health nurse is available four days a week, and you can contact her to talk through your feelings, if you're having a hard time, feeling anxious, depressed, or worried about any aspect of your mental well-being. She can help you find strategies to improve your wellbeing, direct you to more specific support and also provide letters to help you access further support. You do not need to be diagnosed with a mental health problem to see her!

## PIPPY THE WELFARE DOG:

The college also has its own welfare dog- Pippy the beagle, who is owned by the chaplain, James Crockford. Pippy comes in for walks and loves 'Pippy and Popsicles' during exam term.



# AN OVERVIEW OF SUPPORT (UNIVERSITY):

## UNIVERSITY COUNSELLING SERVICE:

The UCS is the overall name for the university's wellbeing hub. Within the UCS, there are a number of different services available, that can offer more specific support. They also offer group sessions and a variety of workshops. Cognitive Behavioural Therapy (CBT), which can be useful for depression and anxiety, is also offered by the UCS and is accessible through the mental health advisors. The UCS is currently undergoing lots of changes, and may not be known as the UCS in the coming year, but the support available will be similar to what we've discussed!

## UNIVERSITY COUNSELLORS

University counsellors are also available to discuss difficult feelings and help you find strategies to cope in the present. You can sign up via the [UCS website](#).

## MENTAL HEALTH ADVISORS:

The mental health advice service offers a more professional level of support, helping students with a mental health issue (diagnosed or not) that is having a significant impact on their daily life. As they are more trained than other members of the welfare team, they are a good point of contact if you are finding it hard to cope, have experienced a traumatic event, are self-harming, or are struggling with an eating disorder. They can make referrals to a CBT specialist, who works within the UCS.

Unlike other services, to be seen by a mental health advisor, you will need to be referred by a member of the welfare team to see them.

## SEXUAL ASSAULT AND HARASSMENT ADVISOR:

The SAHA is a specialist advisor who offers emotional support to anyone who has been the victim of sexual violence or harassment, whether or not this happened in a university setting. The SAHA can help you explore your options for reporting, and can support you through the process if you choose to go ahead with it. They are useful for providing emotional support to help you manage the impact of what has happened.

## DISABILITY RESOURCES CENTRE

The DRC supports students who have a disability and need further support and access arrangements. They can provide mentoring and study skills sessions for students, and will help produce a Student Support Document that can be sent to academic staff to outline the additional support you will need to complete your studies, such as exam arrangements like extra time. The DRC can also help you with educational assessments of specific learning difficulties (eg ADHD, dyslexia). They also offer mentoring and study skills sessions to students, which can be useful for finding tips to live with your disability in a university environment.

# AN OVERVIEW OF SUPPORT (EXTERNAL):

## THE NHS:

The NHS can offer more specialist support that is beyond the scope of college and university services. The easiest way to initiate this support is by going to your GP, and discussing your concerns, as they will be able to refer you to appropriate support.

## PRIVATE THERAPY VIA THE CRANE'S CHARITY:

While the NHS support is wide ranging and free to access, the waiting lists may be long. If you need to be seen more urgently than the NHS can offer, but are unable to afford private therapy, the Crane's Charity can help you access support. This will be discussed in later on in the guide!

## STUDENT ADVICE SERVICE:

The student advice service is open to all Cambridge students, but aims to act as a source of support independent from the university. They offer a range of support, and can be particularly helpful when you feel you have been treated unfairly by the college/university.

## LOCAL CHARITIES:

There are also a number of local charities that can help you find support for your mental health and wellbeing. Some of these charities may offer support, while others may help signpost and provide you with important information to seek out the support yourself. Some examples include:

- Personalised Eating Disorder Support (PEDS)
- Student Minds
- Samaritans
- Centre 33
- The Kite Trust (for LGBTQ+ Youth)
- Beat Eating Disorders
- Cambridge Nightline

### **NO MATTER HOW 'SMALL' YOU THINK YOUR ISSUE IS, PLEASE SEEK SUPPORT FOR IT!**

If one of these options looks like something you think you would find helpful, please do not feel guilty for using it. There is no threshold you have to reach to be deserving of support, and you will not be wasting anyone's time by seeking support, no matter how 'minor' you think your problem may be. The welfare team are there to support YOU, and would much rather listen to how you're feeling than have you suffer in silence. Often, we are experts at undermining our own feelings, and so please do not feel guilty for seeking support- if you think it might help you, then we want you to use it, as that's what it's here for!

# RECOGNISING THAT YOU MAY BE STRUGGLING

It can be really difficult to recognise the signs in ourselves and others that we may be struggling, particularly if it's the first time you've felt this way or if you have little experience with mental health problems. If your feelings have developed gradually, then it may be hard to realise that something has even changed, because it's started to feel like your new 'normal'.

Everyone who struggles with their mental health will have different experiences and show different symptoms, as everyone's baseline is different. These differences don't make any one person's experience less valid, it's just important to recognise that not everyone's experience will fit the image you may have in your head of 'What a mental health issue looks like'. It is important to recognise this, as the idea of not fitting the 'right picture' is what causes some people's struggles to go unnoticed and can stop people from accessing the help they need.

Over the next few pages, we have tried to list some signs that you may be struggling with your mental health, and how to recognise it in yourself, but bear in mind that this will be different for everyone.

## SIGNS THAT YOU MAY BE STRUGGLING:

- feeling low, or losing interest in activities that you previously enjoyed
- feeling anxious about things that you weren't previously worried about
- changes in your sleeping patterns (eg finding it hard to fall asleep, waking up in the middle of the night or early in the morning, oversleeping)



# RECOGNISING THAT YOU MAY BE STRUGGLING

## SIGNS THAT YOU MAY BE STRUGGLING (CONT.):

- wanting to isolate yourself from people you are close to
- feeling more sensitive than usual to criticism or disappointment
- extreme tiredness
- changes in your appetite (eating too little or overeating)
- struggling to stay focussed
- intrusive thoughts and images, such as thoughts about harming yourself or others
- feeling like you are a burden on people around you, or that no one wants you around
- feeling bad about yourself, like you are a failure or letting your family down
- moving or speaking so slowly that people other people have noticed, OR being so fidgety and restless that you have been moving around a lot more than usual
- thinking about death or that you would be better off dead
- difficulty relaxing
- being easily annoyed or irritated
- not being able to stop worrying
- physical symptoms, such as feeling nauseous, dizzy or having chest pains
- feeling unable to think about something that happened to you
- feeling on guard, or defensive
- hearing or seeing things that others do not see
- feeling like you're in a movie, and disconnected from the world around you
- you have stopped taking care of yourself, or are making risky decisions (eg drunk driving, drinking too much, having unprotected sex)

# RECOGNISING THAT YOU MAY BE STRUGGLING

"I started to feel disconnected from my friends, like I was watching them through a glass window that I couldn't get through. I was struggling to organise my work and started having physical symptoms that were unexplained, like chest pains and nausea."

"I was feeling completely overwhelmed, and I started to feel like the world was spinning around me. I started to have thoughts of harming myself, as I wasn't sure what I could do to make it stop."

"Looking back, I didn't really notice something was wrong until my friends pointed out how much my behaviour had changed. At first I denied it, but after I thought about it, I realised how much I'd been struggling, I just was scared to admit it."

"I just remember feeling confused. Things didn't really make sense any more and I wasn't sure how I could come to terms with what had happened. I was struggling to concentrate because I was thinking about it all the time."

"I found myself hiding in my work, and putting more pressure on myself to do well. If I could spend all my time working, then I didn't have to think about what I had been through."

"I could feel myself getting more angry at my friends but I wasn't sure why. I couldn't stand eating together and started making excuses for why I couldn't go for dinner, or told them that I had already eaten when I hadn't."

"For me, struggling with my mental health felt like not being able to enjoy things that would usually make me happy, self-isolating but not actually wanting to be alone, and constant tiredness even after oversleeping."

"I just felt completely trapped. I was in a cycle where I felt out of control, so I did something to make me feel in control, but then a little while after, I'd feel like I had even less control than before. Things felt like they would never stop spiralling, and I only felt in control again when I got more support."

# RECOGNISING THAT A FRIEND MAY BE STRUGGLING

## SIGNS THAT SOMEONE ELSE MAY BE STRUGGLING:

- They have become more irritable than usual
- They are isolating themselves or avoiding social events
- They do not want to eat in front of other people
- They are wearing baggy clothes, or clothing that is inappropriate for the weather (eg wearing long sleeves in summer)
- They have unexplained injuries, and avoid answering questions about how they occurred
- They seem more distant or standoffish than usual
- Their behaviour seems erratic and they are making reckless decisions, such as drunk driving or drinking too much
- They stop doing activities that would usually interest them
- Their personal hygiene is poor (eg not showering, not changing their clothes, not brushing their teeth/hair)
- They are sleeping too much or too little
- They have made sudden changes to their appearance
- They are talking about their worries more than usual
- They avoid looking in mirrors or being in pictures
- They are more restless than usual, or they appear to be moving and speaking more slowly

### PEOPLE WITH MENTAL HEALTH PROBLEMS ARE NOT 'DANGEROUS' OR 'CRAZY'

If you think your friend may be struggling, it's important to still treat them with respect. They are not 'crazy', they just need a bit more support right now. Try not to treat them in a way that undermines their own autonomy. Even if they are struggling they still have a right to make choices about which support is right for them. Just because something worked for you, it doesn't mean it will work for them. Try to be as patient and understanding as you can!

# HOW TO FIRST ASK FOR HELP

Asking for help can be really difficult, particularly if it's the first time you have spoken about your feelings. People might be afraid of being judged or being seen differently, or scared that they'll be told that they are being overdramatic.

A good place to start is speaking to someone you know. This could be a trusted friend, family member or supervisor. If you're afraid of talking to them face to face, writing down how you're feeling and sending them a text message/email can make sure that you have said everything that you wanted to say, as you can check over the message to see if there's anything you have forgotten.

It can also help to look online to find resources that might help you explain to them how you are feeling. This might make it easier for them to understand what you are struggling with a bit better and how to support you. There can be a lot of resources online that are harmful, though, so try and stick to official mental health charities, such as Mind, to avoid things being made worse.

## CONVERSATION STARTERS:

- I've been really struggling with ... lately, and I was wondering if I could ask for your advice?
- I have a couple of things on my mind and I was wondering if I could share them with you?
- I've been finding it hard to cope with things recently, and I think I might need more support. Could you help me think about where I could find more support?
- I have been feeling a bit ... for the last few weeks, and I was wondering if I could talk about it with you?

# TEMPLATE EMAILS

Dear [Name],

I have been struggling a bit in the last few weeks to cope with [...] and I was wondering if you'd be willing to talk about it with me? It's started to affect my [work/social life/...] and I think I might need some more support to deal with it. If you had the time, I'd really appreciate a chat. Thank you for your support!

Best wishes, [Name]

Dear [Name],

I was wondering if you were in college at any point in the next few days? If possible, is there any chance you would be around to meet with me? There's a couple of things I'd like to chat about.

Best wishes, [Name]

Dear [Name],

If possible, would you be around for a chat at some point soon? Recently, I have been really struggling with [...] and I was hoping to ask for your advice.

Best wishes, [Name]

Dear [Name],

I'm really sorry, I've had a really difficult week and I don't think I will be able to get my work in on time. Would it be possible to miss this week's work and maybe catch up on it over the holidays instead? Apologies for this.

Best wishes, [Name]

# FINDING FURTHER SUPPORT

Sometimes, when you first ask for help, the person you have spoken to may not have the right level of training to help support you fully. If your situation is particularly complicated, or you're experiencing a mental health problem, you may need to speak to someone who is more professional.

It's important to remember that there is a huge range of support available for your mental health. Just because you have spoken to someone and it hasn't helped, it doesn't mean that there are no other options that will help. The different types of counselling and therapy work in very different ways, and sometimes one type of therapy won't work for someone, but another type of therapy will.

Understanding the different types of support available is often helpful in finding the right support, which is crucial, as getting the wrong type of support can sometimes be as damaging as getting no support. It's important to note that it is very advisable to talk through this decision with a professional, and not just make it on your own.

## HOW CAN I EXPLORE MY OPTIONS FURTHER?

You can explore your options further by discussing it with the college mental health nurse, or a university mental health advisor. As they are more professional, they will be more skilled in recognising the ways in which you are struggling, and so may be able to offer suggestions as to which type of therapy will be beneficial to you.

The NHS also has a useful page linked [here](#) that details the differences between the types of therapy, and the situations in which they may be useful. Your GP can also help point you in the right direction.

# FINDING FURTHER SUPPORT

## WHAT ARE THE DIFFERENT TYPES OF THERAPY AVAILABLE?

### COUNSELLING:

Counselling is a talking therapy that helps you manage difficult emotions in the present. It can help you cope with a difficult life event, such as bereavement; coping with a physical health condition; managing difficult emotions, such as low self-esteem; and anxiety surrounding sexual identity or other issues.

### EYE MOVEMENT DESENSITISATION AND REPROCESSING:

EMDR is a type of therapy that is often used to treat people with PTSD. It helps your brain to process the memories of a traumatic event, so that you experience fewer intrusive images and thoughts about the event. It also helps reduce the impact of negative emotions and physical feelings.

### PSYCHODYNAMIC PSYCHOTHERAPY:

This type of therapy is useful for helping you understand how past experiences may be negatively affecting you in the present, without you knowing. With your therapist, you'll discuss your thoughts and feelings. It can be helpful for people who have depression, or think that their mood is impacted by childhood experiences.

### COGNITIVE BEHAVIOURAL THERAPY:

Cognitive Behavioural Therapy is an effective treatment for depression and anxiety, and many other mental health issues. With your therapist, you'll work on changing unhelpful patterns of thinking and behaviour and how you think about yourself and your life. CBT is available through the UCS, or on the NHS/privately.

### DIALECTICAL BEHAVIOURAL THERAPY:

DBT is a type of therapy that is specifically adapted for people who experience emotions very intensely. It can help you manage and accept difficult emotions, and is particularly useful for people with depression, or people who have self-harmed. You'll learn how to keep yourself safe and find healthy coping strategies.

### OTHER TYPES OF THERAPY:

- Arts and Creative Therapy
- Interpersonal Therapy
- Mindfulness-Based Therapy
- Behavioural Therapy
- And many more...

Please be aware that this is not a definitive list, and **we strongly advise chatting to a professional about the right therapy for you!**

# FINDING FURTHER SUPPORT

## SO HOW DO I ACCESS THESE THERAPIES?

Counselling and CBT are both available through the UCS, and you can get in touch with the mental health nurse to discuss referral to these services.

Other therapies are readily available on the NHS, either by talking to your GP or by filling out the Improving Access to Therapy (IAPT) self-referral form, that you can find [here](#).

However, sometimes the waiting list might be too long, or it may be difficult to access the therapy you need on the NHS. In these cases, you might choose to go privately. If you go privately, you will need to pay for the therapy you are receiving, and this can range from around £40 to £100 per session depending on which practitioner you choose to see. The mental health nurse can support you in finding a private practitioner that may work for you!

## THE CRANE'S CHARITY: MEANS-TESTED FUNDING

If you cannot access support on the NHS for any reason, and need to seek private therapy, but cannot afford to pay for it, the Crane's Charity may be able to help you.

The Crane's Charity provides financial support for students seeking private medical treatment for physical or mental health concerns, where financial need is demonstrated. If you think you may want to seek support through the Crane's Charity, you can find more information [here](#) and we advise you speak to the college mental health nurse.





# SUPPORTING SOMEONE ELSE

Supporting someone else can be stressful, particularly if it is reminding you of your own experiences of mental health. Knowing how to help (and how not to!) can make supporting a friend easier.

## WHAT NOT TO DO:

- 1. Get mad at them for not wanting to share everything with you:** It can be really hard for some people to talk about their experiences, and forcing someone to talk about it when they are not ready can actually make the problem worse.
- 2. Act like they are crazy:** Just because someone is struggling with their mental health, it does not make them 'crazy'. You may not understand why they are feeling the way they do, but judging them for it will not help.
- 3. Minimise what they are feeling:** Each person will have different reactions to the same event. This doesn't mean they are overreacting, as many factors will affect someone's ability to cope with something. Every emotion that someone is feeling is valid, and it's important not to undermine their feelings, as this can make them feel guilty for seeking help.
- 4. Spread rumours:** Don't disclose what someone has told you without their permission, as this breaks their trust. In some cases, when you're seriously concerned about someone's safety, it may be necessary to share what you've been told, but try and seek their permission first, if possible. It is also important to speak to someone if you are struggling to cope with what you have been told, but try not to disclose someone else's personal information unless necessary.
- 5. Assume you know exactly what's going on:** Even if you have experienced something similar, you will not know exactly how someone else is feeling. It's also important to realise that what worked for you might not work for them, so don't assume you know exactly how to help them.
- 6. Don't look shocked:** Even if you are shocked by what someone has told you, reacting with surprise may make them feel guilty, scared of opening up again and cause them to feel isolated, like they are the only one who has experienced this.
- 7. Offer more support than you can give:** Try and know the limits to the support you can offer them. You are not a trained professional, and so trying to give this level of support will be damaging to both of you. If you are worried about someone, but are finding it hard to cope with supporting them, saying something like 'I care about you and want you to be supported, but I'm not sure I'm qualified enough to help you. Can I help you find someone who is qualified?' can help reduce the pressure on you, without making the person feel like a burden or guilty.

# SUPPORTING SOMEONE ELSE

## WHAT TO DO:

- 1. Listen Non-Judgementally:** Often someone might just want you to listen, rather than your advice. Don't interrupt them or jump in saying what helped you, as this can often feel frustrating for the person who is opening up, particularly if you haven't quite understood how they are feeling.
- 2. Be patient:** It may take time for them to open up and get the support that they need. Try and be patient with them as they navigate this process, as getting mad for not solving everything immediately at them will only make things worse.
- 3. Treat them the same way as before:** Continue treating them the way you would normally. Being overly caring can make someone feel patronised, and causes them to feel even more isolated. They are still the same person, even if they are struggling.
- 4. Reassure them that there is support out there:** Remind them that there is support out there that can make them feel better again, even if it doesn't feel like that right now. Tell them that you're there to support them find the help that they need.
- 5. Offer practical help:** Small acts of kindness such as getting someone's shopping or doing their washing can show someone who is struggling that you really do care about them. Offering to attend appointments with them can also help them feel less alone.
- 6. Don't get mad at them for their symptoms:** If a friend is being a little more irritable than usual, try and forgive them for this. When someone is really struggling, they may say something they don't mean, or come across as rude. Understanding that this is not their fault can make the person feel less alone. However, mental health problems are never an excuse for abuse and mistreatment. You have no obligation to support someone who is abusing you.
- 7. Take care of yourself:** You cannot take care of someone if you are drained or struggling. Know the limits of when you can and can't support someone, and seek help for yourself if you want to talk about how you're feeling. Hearing about someone in distress can be upsetting, so take time to do things you enjoy. Try to put up boundaries in a way that avoids making the person struggling feel like they have been a burden on you, as it can make them feel guilty or selfish, which might make them feel worse.

**MAKE SURE TO LOOK AFTER YOURSELF AND TALK TO SOMEONE IF YOU ARE STRUGGLING TO COPE.**

# USEFUL RESOURCES

## COLLEGE SUPPORT CONTACT DETAILS:

- JNET [Health and Welfare Page](#) and [Mental Health Support Page](#)
- College Nurse: [Jacky Poskitt](#)
- Mental Health Nurse: [Rachel Michel](#),
  - Drop in Hours:
    - Monday and Thursday: 2:30-3:30pm
    - Tuesday and Friday 10-11am
- Welfare Tutor Drop In hours:
  - 5-6pm on Weekdays
  - 4-5pm on Saturday
- [Disability Liaison Tutor](#)
- College [Financial Tutor](#)

## UNIVERSITY SUPPORT CONTACT DETAILS:

- University Counselling Service Website: [www.counselling.cam.ac.uk](http://www.counselling.cam.ac.uk)
- [Student Advice Service](#)
- Disability Resources Centre ([DRC](#))

## JCSU SUPPORT CONTACT DETAILS:

- JCSU Website Contact Links [Page](#)
- JCSU Anonymous Messaging Phone: [07599928698](tel:07599928698)
- Mental Health and Disabilities Officer: [mhdis@jcsu.jesus.cam.ac.uk](mailto:mhdis@jcsu.jesus.cam.ac.uk)
- Welfare Officers 2022: [georgia@jcsu.jesus.cam.ac.uk](mailto:georgia@jcsu.jesus.cam.ac.uk) and [jamie@jcsu.jesus.cam.ac.uk](mailto:jamie@jcsu.jesus.cam.ac.uk)

## GENERAL INFORMATION ABOUT MENTAL HEALTH:

- Mind: <https://www.mind.org.uk/>
- NHS: [Types of Talking Therapy](#)
- The Mix: [www.themix.org.uk](http://www.themix.org.uk)
- Beat Eating Disorders: [www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk)

# USEFUL RESOURCES

## LOCAL SUPPORT SERVICES:

- NHS CPFT Improving Access to Psychological Therapy ([IAPT](#))
- [Keep Your Head](#) Cambridgeshire and Peterborough
- Anna Freud Search for a local service: [directory](#)
- Cambridge Nightline: 01223 744444
- Cambridge [Rape Crisis Centre](#)
- Lime Tree (STI Check): Brookfields Campus, 351 Mill Road, CB1 3DF

## CHARITIES OFFERING SUPPORT:

- The [Crane's Charity](#)
- Personalised Eating Disorder Support ([PEDS](#))
- Centre 33
- [The Kite Trust](#)
- Samaritans (24 hours): Call 116 123
- Text SHOUT to: 85258
- Lifeline (11am-11pm): 0808 808 2121

## SUICIDE AND SELF-HARM:

- [Calm Harm App](#)
  - App that helps you manage or resist the urge to self-harm
- Centre 33: [Understanding Self Harm](#)
- [Stay Alive Suicide Prevention App](#):
  - App that allows you to make a Safety Plan, signposts you to immediate support in case of crisis, and information for if you're worried about someone
- Grassroots Suicide Prevention: [Understanding Suicide](#)
  - Information on causes, warning signs, and myths about suicide
- Zero Suicide Alliance: Suicide Awareness Training for Uni Students
- Free online course: [Self Harm Awareness Training and Suicide Prevention](#)

# USEFUL RESOURCES

## TRAUMA AND ABUSE:

- Trauma Informed Care: [What is Trauma?](#)
- Royal College of Psychiatrists: [Coping After a Traumatic Event](#)
- *The Body Keeps the Score* by Bessel Van Der Kolk
- *What My Bones Know* by Stephanie Foo
- Women's Aid: [The Survivor's Handbook](#)
- [National Association for People Abused in Childhood](#)
  - Information about coping with flashbacks and common concerns, and has a confidential helpline

## MENTAL HEALTH AWARENESS AND SUPPORTING OTHERS:

- Mind Infoline: [0300 123 3393](tel:03001233393)
- Mind Booklet: [Understanding Mental Health Problems](#)
- Rethink Mental Illness: [Learn about other conditions](#)
- Campaign Against Living Miserably: [thecalmzone.net](http://thecalmzone.net)
- Student Minds: [studentminds.org.uk/](http://studentminds.org.uk/)
- Look After your Mate: [Guide](#)
- Mental Health Foundation: [Explore Resources](#)
- Free Mental Health Courses:
  - [Awareness of Mental Health Problems](#)
  - [Counselling Skills](#)

**IF YOU OR SOMEONE YOU KNOW IS EXPERIENCING A MENTAL HEALTH CRISIS, PLEASE SEEK IMMEDIATE SUPPORT:**

- Call 999
- Go to the Porters or call them: 01223 339339
- Go to A&E



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STUDENT UNION