

start to 
SUCCESS

Our mental health campaign

ISOLATION



SELF HELP



REDUCING STIGMA



Staff Information

WWW.STARTTOSUCCESS.CO.UK

Through the [Start to Success](#) project, the region's universities, colleges, local authorities, police and NHS providers are working together with a common purpose to remove barriers, improve support and services, and enable student success. The project covers all aspects of the student journey to support effective transitions into, through and out of higher education, with three areas of focus; student transitions, early intervention and step change in support through partnership working with the NHS.

From **Monday 16 November 2020**, Start To Success will be launching a brand new regional mental health campaign covering three key themes – **Isolation**, **Stigma** and **Self-Help**. The campaign aims to increase the awareness of mental health and the support available for students at Keele.

What can Staff do?

Check out the [Start to Success website](#) for further information about the campaign, including resources available to students. Please do share information about the campaign where you can with students or colleagues.

In addition to showcasing student resources, our website also contains guides aimed at personal tutors for general mental health awareness, supporting students with an Autistic Spectrum Condition and, Healthcare Student specific guidance. You can also view all resources to date that have been created for students.

Where to signpost students?

Students can access the latest Start To Success resources including an online wellbeing module and recently released 'Keeping Well in Isolation' guide through the Start To Success website. A list of support services currently available to students can be found at the end of this document.

ISOLATION

Within the theme of Isolation we look at two concepts:

1. How we support students to step out and talk to other students, whether that's joining a society or speaking to peer mentors.
2. Encouraging students to think about who might not be there, whether that's because a friend might be more withdrawn or someone on their course has stopped attending lectures.

Ending feelings off isolation by:

**Helping
you
step out**

**Think
about who
isn't there**

Helping you step out

Students have access to:

- 'Staying well in isolation'

This guide has been created with the help of our Student Advisory Panel, for students who may be feeling isolated, or are physically isolating because of the virus.

- '20 Things for the New Normal'

This guide gives students ideas on what they can do whilst in lockdown or periods of restriction.

- Join a club or society to meet like-minded people. Find out more at KeeleSU
- Speak to a trained Peer Supporter at your University. Find out more here
- Speak to someone in Student Services
- Speak to someone from ASK in the SU
- Togetherall

Keele University students going through a tough time can now access free online support

- Student Space

For phone, email, webchat or text support and information regarding how to stay well during the pandemic

Think about who isn't there

Start the conversation

Choose a quiet place without interruptions when you have plenty of free time to listen.



Keep up the fun stuff

Supporting a friend isn't just about sharing worries and concerns – it's also about keeping up with the things you enjoy and spending time together as friends.



Know when to get help

It's useful to know what support is out there so that you can signpost your friends and develop an understanding of the sort of support they might receive.

For more information check out the 'Look after your mate' Guide By Student Minds

REDUCING STIGMA

The key messages within the Stigma theme are that unfortunately, not everyone understands mental health problems. Some people may have misconceptions about what mental health issues are or how they can make someone feel or act. They may also use language you find dismissive, offensive or hurtful. This can be very upsetting – especially if someone who feels this way is a family member or a friend.

We share three ways to end mental health stigma:

**Educate
yourself**

**Talk
openly**

**Take
action**

SAYING WHAT NEEDS TO BE SAID



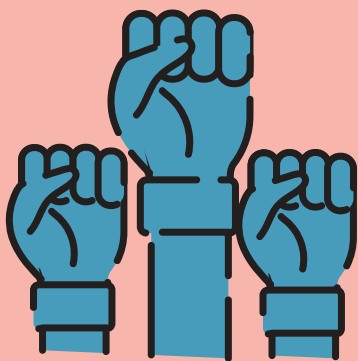
Educate yourself

Students are encouraged to educate themselves and others by sharing reliable information to help them understand more about mental health challenges. A good source of information is the [Mind website](#) where you can find specific information on [stigma](#)

Students are also encouraged to talk openly about their experiences. Sharing their story can help improve people's understanding and change their attitudes. Students can write a blog or an article for your [the university](#), [Student Minds](#) or [Mind](#). '[Our Stories](#)' is a compilation of mental health experiences from staff and students across Keele and Staffordshire.



Talk openly



Take Action

Finally, students are encouraged to get involved in a campaign. The [Start to Success](#) mental health campaign would welcome student champions to get involved and help us to destigmatise mental health in the community.

WE NEED TO TALK ABOUT IT

SELF HELP

Within the theme of self help, we look at two concepts:

1. Common signs that may indicate someone is struggling with their mental health
2. Ideas for self care

To maintain good mental health:

**Identify
when to
take action**

**Help
yourself**



Helping you identify when to take action



We have shared with students common signs of mental illness. These 9 signs are not to help you diagnose a mental health issue, but instead to reassure you that there might be good reason to seek more information about your concerns. Visit [Start to Success](#) for more information.

Feeling anxious or worried

Feeling depressed or unhappy

Emotional outbursts

Sleep Problems

Weight or appetite changes

Quiet or withdrawn

Substance misuse

Feeling guilty or worthless

Changes in behaviour or feelings

Noticed any of these symptoms?

If students have noticed any of the above symptoms, we would encourage them to practice some self-care, or if issues persist, start to impact on their daily lives or last for a long time we would encourage them to seek support.

5 WAYS TO WELLBEING

Evidence suggests there are 5 steps you can take to improve your mental health and wellbeing. Students can have a look at '[Taking Control of my Wellbeing at Keele](#)', [Start to Success webpages](#) or our [Counselling and Mental Health webpages](#) for self-care advice,

Student Support

On Campus

Student Services Centre

Includes support for wellbeing, money and finances, vulnerable groups, international students and disability support.

01782 734481 | student.services@keele.ac.uk

[Visit the website](#) to book an appointment (virtual or face to face)

Counselling and Mental Health Team

Qualified mental health professionals with a wide variety of backgrounds and expertise.

01782 734187 | counselling@keele.ac.uk

[Visit the website](#) to find out more

Peer Supporters

A group of trained student volunteers who can offer confidential mental health support to their fellow students.

Visit the website to [request a Peer Supporter](#)

Faith & Chaplaincy

Chaplains and faith advisers from some of the major religions who can offer any student or member of staff support and guidance.

[Visit the website](#) to find out more.

Residence Advisors

Full-time Keele Students who live in Halls of Residence to help provide information and support to the 3000+ students who call Keele campus their home.

[Visit the website](#) to find out more.

Out of Hours Support

During term time, you can get support from our Out of Hours Support Officers 6pm-6am. Contact our OOH Officers on 01782 733004

Keele University Security operate 24 hours a day, 7 days a week and provide security services to all University buildings and users on campus. Contact the Security team on 01782 733004 or security@keele.ac.uk

[Visit the website](#) to find out more.

Student Support

On Campus

Advice & Support at Keele (ASK)

ASK, based at KeeleSU, can provide advice and guidance on a variety of student queries including academic concerns, housing, money, health, legal, family and wellbeing.

01782 734800 | su.ask@keele.ac.uk | [keelesu.com/advice/](https://www.keelesu.com/advice/)

Sexual Violence Liasion Officers

Keele's Sexual Violence Prevention and Support Team are here to support students who have experienced sexual violence, whether it is recent or historic.

For urgent help, contact 01782 733004 for on-campus security or email studentservices.svreporting@keele.ac.uk

For general enquiries contact student.services@keele.ac.uk or [visit the website](#)

Student Learning

If a students wants to develop their academic or professional skills, the Student Learning team can provide them with the support you need through 1:1 coaching sessions, workshops and online resources. Contact them on student.learning@keele.ac.uk or [visit the website](#) to find out more.

Online

Togetherall (previously Big White Wall)

Any Keele student has access to Togetherall. The service provides 24/7 online peer and professional support, with trained counsellors. Togetherall provides a safe space online to get things off your chest, explore your feelings and learn how to improve and self-manage your mental health and wellbeing. [Visit the website](#) to find out more.

Student Space

Student specific support and expert information and advice to help students through the challenges of coronavirus, developed by Student Minds. Student space offer text based, email, phone or webchat support. [Visit the website](#) to find out more.

Student Support

Other

Mind

Advice and support to empower anyone experiencing a mental health problem.
[Visit the website](#) to find out more.

Staffordshire Mental Health Helpline

Support if you are feeling concerned, worried, stressed or low, or if you are worried about someone you know.

Call 0808 800 2234 | Text 07860 022821

Email Staffordshire.helpline@brighter-futures.org.uk

Open 7pm-2am weekdays, 2pm-2am weekends. Every day of the year.

National helplines:

[HopelineUK](#) 0800 068 4141

[SANELine](#) 07984 967 708

[Samaritans](#) 116 123

[Beat Eating Disorders Studentline](#) 0808 801 0811

Contact your **GP** or call **111** for advice and support

Download a [self-help app](#) on your phone

If a student requires urgent support they should call 999 or visit their local Accident and Emergency

FIND OUT MORE:

Website | www.starttosuccess.co.uk

Email | [info.starttosuccess@keele.ac.uk](mailto:info.starttosuccess@ Keele.ac.uk)

Twitter | @Starttosuccess1

