

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 across Staffordshire.

What can Staff do?

Keep an eye out the current Start To Success area on IRIS containing more information on the campaign, new resources and a suite of assets that you can share on social media to help us spread the word about the campaign.

In addition to showcasing student resources, also contains a series of guides aimed at personal tutors covering topics such as; Mental Health Awareness, Autistic Spectrum Disorder and, Healthcare Student specific guidance. You can also view all resources to date that have been created for students.

Where to signpost students?

www.starttosuccess.co.uk

Students can also access the latest Start To Success resources including a wellbeing module and recently released guide to wellbeing in isolation through the Start To Success tile on the MyStaffsUni App.

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 Encouraging students to think about who might not be there, whether that's because a friend might be more withdrawn or someone on their course has stopped attending lectures.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



Thinking 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 Staffs Union
- Speak to a trained Wellbeing peer mentor at your University. Email wellbeingpeermentors@staffs.ac.uk
- Student wellbeing support services
- Find more support at Staffs Student Hub
- Togetherall

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

- Student Space

For information regarding how to stay well during COVID-19

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

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.

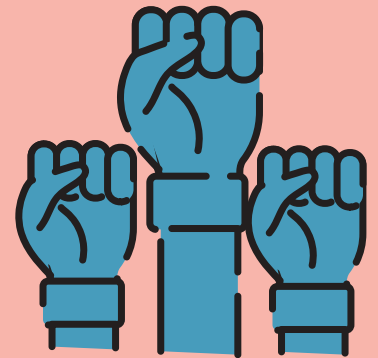
3 ways to end mental health stigma



Educate yourself



Talk openly



Take Action



SAYING WHAT NEEDS TO BE SAID



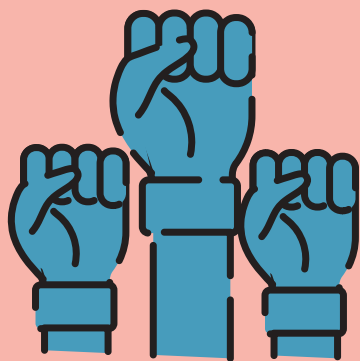
Educate yourself

Educate yourself 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 Mental Health Stigma.

Talk openly about your experiences. Sharing your story can help improve people's understanding and change their attitudes. Why not write a blog or an article for your university, Student Minds or Mind? Take a look at the 'Our Stories' book, a compilation of mental health experiences from staff and students across Keele and Staffordshire.



Talk openly



Take Action

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

There are many ways that someone may act if they are struggling with their mental health. Everyone may act in different ways and this can make its difficult to know if there is an issue.

To maintain good mental health:



Identify when to
take action



Help yourself

Helping you identify when to take action

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.

1. Feeling Anxious or worried

2. Feeling depressed or unhappy

3. Emotional Outburst

4. Sleep Problems

5. Weight or appetite changes

6. Quiet or withdrawn

7. Substance use

8. Feeling guilty or worthless

9. Changes in behaviour or feelings

Noticed any of these symptoms?

It might be time to make a change and Help yourself

5 WAYS TO WELLBEING

Evidence suggests there are 5 steps you can take to improve your mental health and wellbeing. Find out more tips on how to look after your wellbeing at www.starttosuccess.co.uk



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF



Your time,
your words,
your presence

Find out more:
WWW.STARTTOSUCCESS.CO.UK

