

Wellbeing Bulletin

AUTUMN 2024

Staying safe is equally important for our psychological wellbeing as it is for our physical health, and taking care of our mental health is a fundamental part of overall wellbeing. When we maintain high psychological wellbeing, we enjoy a better quality of life, experience less stress, and gain a clearer understanding of our abilities and limitations. This understanding empowers us to make better choices.

Good choices provide us with flexibility, options and opportunities. These choices not only enhance our physical safety by enabling us to adapt and be resilient in challenging situations, but also support our mental health. As the nights draw in and we spend more time indoors, it is crucial to prioritize both our physical and mental safety. If you are worried about either, don't hesitate to talk to someone.

Are you in a mental health crisis?

Then call...

NHS

First Response Service

111
option 2

In-school support:

School Counsellor: Friday

School Chaplaincy service: Thursday

Devon Child and Family Services : Tuesday, plus arranged 1:1 session online






Drop-in sessions with Mental Health Lead: Break 1 every day or booked 1:1 lunchtime session

Young Carers drop in: Monday lunchtime

Drawing and Talking - support sessions with Mental Health Lead: Timetabled

Students can self-refer to any of the above through Self-Referral Forms obtained from Tutors or Heads of Year

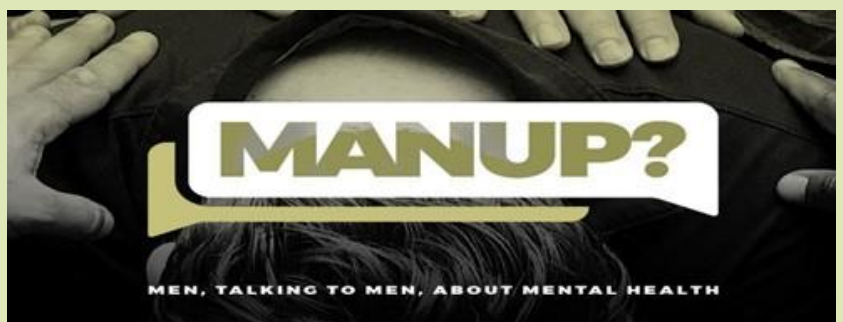
DARK NIGHTS: STAY SAFE

-  IF YOU'RE WALKING HOME AT NIGHT, DON'T WALK ALONE AND STICK TO WELL LIT, MAIN ROUTES.
-  PLAN HOW YOU'RE GOING TO GET HOME BEFORE YOU GO OUT AND KEEP MONEY ASIDE FOR A TAXI.
-  IF YOU GO OUT WITH FRIENDS, STICK TOGETHER. TELL EACH OTHER WHERE YOU ARE GOING AND WHO WITH IF PLANS CHANGE.
-  KEEP TRACK OF WHAT YOU'RE DRINKING, AS WELL AS HOW MUCH. DRINK SOFT DRINKS IN BETWEEN ALCOHOLIC ONES.
-  IF YOU'RE WORKING LATE AT THE LIBRARY OR YOUR JOB, ASK A FRIEND TO MEET YOU IF POSSIBLE, OR GET A TAXI.

FOR MORE INFORMATION AND TIPS ON STAYING SAFE VISIT HALLAMSTUDENTSUNION.ORG/CRIMEANDSAFETY

SHEFFIELD HALLAM STUDENTS UNION

YOU CAN GET HOME USING YOUR SHU CARD WITH CITY TAXI. QUOTE 'HALLAM SAFE TAXI SCHEME' WHEN YOU BOOK AND WE'LL BE THERE YOUR SHU CARD FOR A FARE OF UP TO £10.



Mental Health Foundation

