

Resources

Online

Overcoming.co.uk

Actionforhappiness.org

Mindapples.org

Brookes.ac.uk/students/wellbeing/counselling/self-help

Studentminds.org.uk

guildofstudents.com/support

studentsagainstdepression.org

sane.org.uk

mind.org.uk

www.rethink.org

www.nhs.uk (Moodzone)

Apps

Moodbug

Calm (meditation and relaxation)

Cal,m harm (help with self harm)

Self-help for Anxiety Management

Headspace

Flowy

stopbreathethink

Mycare (for carers)

Books to try

Joshua Fletcher – Panicking about Panic

The Four Pillar Plan by Dr Ranjan Chatterjee

Mind over Mood Dennis Greenberger and Christine Padesky

Or visit

<https://reading-well.org.uk/books/books-on-prescription/mental-health/self-help>

<https://reading-well.org.uk/books/books-on-prescription/mental-health/therapies-and-approaches>

<https://www.nhs.uk/live-well/sleep-and-tiredness/10-tips-to-beat-insomnia/>

<https://www.nhs.uk/live-well/sleep-and-tiredness/how-to-get-to-sleep/>

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/sleep-problems>

For more information

Help in a crisis

If you feel suicidal— friends or family are often the best place to start. However if you feel you can't speak to someone you know—call one of the below or get to A&E.

Bournbrook Varsity 01214720129 (8-6 weekdays)

Samaritans (24hr) 116123

SANE (6-11pm) 03003047000

NHS 111 (24hr)

Carers Hub (for carers) 03330069711

**Bournbrook Varsity
Medical Practice**

Low mood (depression) and Anxiety



Helpful Information

Tel 01214720129



Low mood and Anxiety

It's important to remember that low mood and/or general anxiety are very common and are part of normal life.

Depression affects about 5% of the population at any one time, and is more common in certain groups.

It would be a good idea to talk to someone if your day to day functioning, sleep, appetite, socialising and work is affected.

It's not always clear what has caused this change in mood, sometimes it can be explained by a change in situation, but sometimes comes without any warning or reason.

Self –help

A good nights sleep

Careful with caffeine – stop after 3pm

Limit screen time before bed (1-2 hrs)

Do something relaxing before bed

Try to have a regular get up time – no matter how much sleep you have had

Stay active through the day and try not to nap

A healthy diet

Fresh food and keep your fluid intake up

Regular exercise

Getting out of the house and being in the outdoors

Exercising for 20 minutes a day increases your endorphin levels and helps to lift your mood

Alcohol and drugs

Reduce intake

Beware of 'binges'

Relaxation

Books , TV, film

Seeing friends

Cooking

Sport

Routine

Can help – especially with anxiety

Diary and break the day into chunks

Try to get a few things done each day

Breathing Exercises

This calming breathing technique for stress, anxiety and panic takes just a few minutes and can be done anywhere. You will get the most benefit if you do it regularly, as part of your daily routine. You can do it standing up, sitting in a chair that supports your back, or lying on a bed or yoga mat on the floor. Make yourself as comfortable as you can. Loosen any clothes that restrict your breathing.

Let your breath flow as deep down into your belly as is comfortable, without forcing it.

Try breathing in through your nose and out through your mouth.

Breathe in gently and regularly. Some people find it helpful to count steadily from one to five. You may not be able to reach five at first.

Self Referral for Counselling

Anyone can self refer for counselling. You will need your NHS number—ask reception
Living Well Consortium
01216631217
My NHS number is _____

Or students register here
<https://intranet.birmingham.ac.uk/as/student-services/counselling/accessing-our-services.aspx>