

# Student

The SRUC logo is a blue diamond shape with a white diamond inside, containing the letters 'SRUC' in white.

# Mental Health

Don't be afraid to ask for help - this does not mean that you are weak

Remember that if you are **feeling down or stressed** there are people who can support you

Medical and counselling support is confidential

## SIGNS AND SYMPTOMS OF STRESS

Headaches, stomach problems and lack of sleep may be signs of stress. Living with stress all the time increases the chances of becoming ill with depression or anxiety.

Signs of other mental health difficulties include tearfulness, lack of energy, change in moods, and feeling hopeless. If you have any of these signs then seek some help and support.

## COUNSELLOR

Sometimes it can be difficult to deal with difficulties on your own and this is when meeting a counsellor can be helpful. A counsellor is a professional, trained to listen and support you to try to resolve difficulties.

Common problems are loneliness, stress, homesickness, depression, adjusting to a new culture and family problems. SRUC students may be eligible to access The University of Edinburgh Student Counselling Service. Please contact your **Year Tutor** or **Study Support Advisor** for more information.

## MENTAL HEALTH OFFICER

SRUC Edinburgh has a Mental Health Officer who is on campus fortnightly on Thursdays.

Appointments can be made with the **Mental Health Officer** via the **Learning Support Office**.

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## NATURE AND GREENERY

Living in an urban area with green spaces has a long-lasting positive impact on people's mental well-being. SRUC have a garden/greenhouse area which all students are welcome to visit to promote positive health and well being.

## EMERGENCIES

Out of Office hours you can get free medical advice through NHS 24 by phoning 111. Alternatively you can contact the emergency ambulance service on 999. If on campus, please approach the nearest member of staff.

## HEALTH PROFESSIONALS

If you are new to Edinburgh you should register with GP and dentist as soon as possible to ensure you have medical and dental care while you study. Remember GP's can also refer you to specialists, including psychiatry and psychology, if they believe that such referral is required.

[www.nhs.uk/live-well/healthy-body/getting-medical-care-as-a-student/](http://www.nhs.uk/live-well/healthy-body/getting-medical-care-as-a-student/)

## OTHER SOURCES OF HELP AND INFORMATION

### WEB LINKS:

#### STRESS:

[www.stepsforstress.org](http://www.stepsforstress.org)

#### ANXIETY AND DEPRESSION:

[www.studentdepression.org](http://www.studentdepression.org)

#### SELF HELP:

[www.edspace.org.uk](http://www.edspace.org.uk)

### PHONE LINES:

- EDINBURGH CRISIS CENTRE FOR MENTAL HEALTH EMERGENCIES - **0808 801 0414**
- BREATHING SPACE - **0800 83 85 87**
- SANE - free confidential, practical information and emotional support service available 365 days a year **03000 304 7000 / [www.sane.org.uk](http://www.sane.org.uk)**
- Edinburgh Nightline - Edinburgh Nightline is a confidential and non-judgemental support and information service, run by students, for students. They are open from 8pm till 8am every night of term. **0131 557 4444 / [ednightline.com/](http://ednightline.com/)**

### SRUC STAFF MEMBER CONTACT DETAILS:

#### SRUC LEARNING SUPPORT CONTACT

e: [edstudentsupport@sruc.ac.uk](mailto:edstudentsupport@sruc.ac.uk)

We are here  
to help!