



## Thursday 14th March is University Mental Health Day!

For this year's campaign the University will be participating in the British Inspirational Trust (BRIT) Challenge. There will be multiple-activity events being held in the Social Learning Zone, Chancellors Mall on this day. We invite you to come and participate in any of the 24 minute activity sessions on offer. The events will run from 11am to 3pm and include yoga, exercises, self-defense, massage, meditation plus Dennis and Copper will also be joining for the occasion!

## Welcome to our New Students

Starting university can be exciting and a new challenge. It is natural to feel nervous during the first few months of university and it can take a while to feel like you've settled in.

It is normal to worry about making friends when starting university and this is often a very common concern for students particularly in their first year. The [Umii app](#) is available for download on App Store and Google Play – this app connects you with other students based on course type, similar interests and societies. There are also a number of societies you are able to join here at the University which you can view [here](#) and events you can get involved with on the [Bolton Student's Union webpage](#).

It is also common for students, especially for those moving away from home for the first time, to experience homesickness. Moving from home is a big change that can worry a lot of people. It can be helpful to have things in your new space that bring a sense of comfort. It also helps to keep in contact with friends and family at home by scheduling regular calls to keep your support system intact while you're settling in to University life. It can also be helpful to try and establish your own routines by planning set times in your week to complete regular jobs like food shopping, cooking, laundry and cleaning.

## student minds

Student Minds have created some blog posts around settling into university:

[Settling Into University Part One](#)  
Exploring Your New Surroundings

[Settling Into University Part Two](#)  
How To Overcome Homesickness

[Settling Into University Part Three](#)  
Managing Your Workload

## Looking after YOU!

In the chaos, excitement and stress of Uni life it can be easy to forget to look after yourself. Here are some warning signs (not an exhaustive list!) that your mental wellbeing may be declining:

- Withdrawing and socially isolating
- Uni attendance dropping
- No longer doing normal activities or hobbies you enjoy
- Significant changes in your eating habits
- Changes in your sleep
- Struggling to attend to personal hygiene.

### Here are some ideas to look after your wellbeing!

Get into a regular sleeping pattern and practicing good sleep hygiene – You can join [Togetherall](#) for free with your university e-mail address and you can access their Improving Your Sleep course



Eat as healthily as you can! You can find basics of cooking here: [Cooking Basics by Student Cook \(UK\)](#) and [Quick, Cheap and Easy Student Recipes by The Student Food Project](#)



Schedule time in your week to clean and declutter your environment



Spend time in nature and do some exercise – this can be just going for a walk or a bike ride. You can also check if there are any sessions you fancy joining at the [University of Bolton Sports Centre](#)



Leave time for doing things you enjoy and time for relaxation! It is important to have time to wind down and recharge to maintain your mental wellbeing – examples could be to: read a book, watch your favorite shows, play games, listen to music, do something creative or meditate.

Here is a link to some [wellbeing video modules](#) from Your Game Plan that cover a range of topics including preparing for exam pressure, how to help a friend, understanding mental health and the importance of eating well.

## NO MORE

**NO MORE Week 2024 is the 3rd - 9th March**

This is an annual campaign designed to raise awareness of, and bring an end to, domestic abuse and sexual violence in the UK. Some useful support links are below:

**For Anyone**

[Domestic Abuse and Violence Support Services | Endeavour](#)  
[Greater Manchester Domestic Abuse Helpline](#) | End The Fear  
[Emergency Injunction Service](#) | National Centre for Domestic Violence  
[Sexual Assault Referral Centre](#) | St Mary's Centre  
[Victim Support](#) | Greater Manchester

**For Women**

[Frontline Service for those affected by domestic abuse or violence](#) | Fortalice  
[Information and support on domestic abuse](#) | Women's Aid  
[Domestic Abuse Organisation](#) | Refuge  
[Sexual Abuse & Rape Support](#) | Manchester Rape Crisis  
[Sexual Abuse & Rape Support](#) | Trafford Rape Crisis

**For Men**

[Support for Male Victims of Domestic Abuse](#) | ManKind Initiative  
[Domestic Abuse Helpline for Men](#) | Men's Advice Line  
[Supporting Male Victims/Survivors](#) | We Are Survivors

**For Specific Groups**

[LGBT+ Anti-Abuse Organisation](#) | Galop  
[The Deaf health charity](#) | SignHealth  
[Confidential, culturally sensitive support](#) | Muslim Women's Network  
[Honour Based Abuse Helpline](#) | Karma Nirvana

## Help & Support

### Helplines

[The Samaritans](#)  
Call: 116 123 Opening Hours: 24/7

[Papyrus - Prevention of Young Suicide](#)  
Call: 0800 068 4141 Text: 07860 039967  
Email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)  
Opening Hours: Weekdays 10am - 10pm / Weekends 2pm - 10pm / Bank Holidays 2pm - 10pm

[Shout Crisis Textline](#)  
Text: SHOUT to 85258 Opening Hours: 24/7


[Greater Manchester Mental Health NHS Trust Helpline](#)  
Call: 0800 953 0285 Opening Hours: 24/7

[Refuge](#)  
Domestic Abuse Helpline: 0808 2000 247  
Opening Hours: 24/7

[ManKind](#)  
Confidential helpline for male victims of domestic abuse/violence  
Tel: 01823 334 244 Opening Hours: Weekdays 10am - 4pm

[Galop](#)  
For LGBT+ people experiencing abuse or violence  
Telephone: 0800 999 5428 Email: [help@galop.org.uk](mailto:help@galop.org.uk)  
Opening Hours: Monday to Thursday 10am - 8.30pm / Friday 10am - 4.30pm

### Online Support



**togetherall**

Join with your Uni email address and you'll have immediate access to support

[Kooth](#) (for ages 10 to 25)  
Free, online 24/7 support for mental health and wellbeing

[Qwell](#) (for ages 26 and over)  
Free, online 24/7 support for mental health and wellbeing

[Student Space](#)  
Expert information and advice to help you through the challenges of student life

[Hub of Hope](#)  
A search engine that allows you to find support services near you

[Staying Safe](#)  
An online resource exploring staying safe from suicidal thoughts



**umii**

Umii connects you to other students at Bolton with the same interests, similar course types and societies as you.

Click on the logo to get started!

### Reporting

## Greater Manchester Police

[How to report domestic abuse](#)

[Request info under Clare's Law](#)

[How to report rape, sexual assault or other sexual offences](#)

## Copper's


### TIMETABLE

Tuesday 5th March - 12-2pm  
Tuesday 19th March - 12-2pm

Copper, along with her human Dennis, can be found in Chancellor's Mall every other Tuesday. Why not drop by for a tickle, cuddle or ear scratches!

Dennis also has a donation box if you have any spare change for the amazing Pets as Therapy charity

PETS AS THERAPY



### Want to access the Life Lounge?

## CLICK HERE

We have Wellbeing and Mental Health Advisors, as well as both a Counselling and CBT Service.

We are free to access for all current students!