

# Welcome!

## ...or Welcome Back!

We'd like to start this month's newsletter by saying welcome back to those students who were on break over summer and give a warm welcome to our new students! The transition to starting university and returning from break can be a difficult one for a lot of people. Here is some general advice around starting (or returning) to university!

It is normal to have expectations for university or some idea in your head of what the academic year is going to be like. However, if we are fixed or unrealistic in these expectations this can create problems for us as things may not turn out how we expect. Being more flexible in our expectations and imagining a variety of experiences can be more helpful – this way we can feel prepared for whatever is ahead regardless!

University life is not a black and white experience, it is made up of good, bad and neutral experiences. If we are thinking negatively our brain will naturally pick out and highlight the more negative experiences – similarly, our brain is more likely to pick out the positive if we are thinking more positively. Therefore, it is important to try and have some optimism around starting or returning to university so we are more likely to pick out the positive experiences we're having while remaining realistic about the different possibilities ahead.

### **Finding a social network at university is highly important for your wellbeing!**

Whether you are a new student or you struggled to make connections during your last year, it is important to try and establish different connections.

Try to attend as many events as you can! You can find information about the different events on the University's [Student Services EventBrite](#) page and the [Student Union website](#).

You can also look at the [Student Union Societies page](#) to see if there are any you are interested in joining or if none take your fancy, you may want to set up your own!

You can also download [Umii](#) (it's free for University of Bolton students) and can help you find like-minded people!

You could also try to pinpoint one or two people from your classes that you have contact with who you could suggest going for a coffee or meeting up with – Just think most people are in a similar position to you!

Try to think of this year as the start of you building a broad support network of people – This can include people outside of university too! Try and ease the pressure to meet the absolute perfect people for you – this can take time ♥

### **Changes to your Social Life!**

It's important to come to terms with your social life changing throughout university. If you're going into a new academic year you may notice an increase in academic demands meaning social plans may need to be made in advance or around your study schedule and assignments. You may also have to think about the different ways you socialise and maybe prioritise the ones that leave you with enough energy and focus to study. It's also important to note that in managing our stress it is good to have a balance of activities which includes social contact, so it is highly important that despite increasing pressures you schedule this time in!

**Believe in Yourself!**

If you are having doubts about your ability to start this new academic year it is important to believe in own academic ability. You have already managed to get to university – It can be helpful to look at everything you have achieved so far, at what you enjoy about your subject and dedicate time to exploring it.

It can be helpful to try to take up any opportunities for developing your academic skills – you can view and join up for academic skills classes, workshops and events [here!](#)

**Transitioning to University**

If you are struggling to adapt to the changes that university brings it can be helpful to think about times you have adapted to big changes before and to remind yourself of this periodically! It's a reminder of the times you have demonstrated the strength to get through hard times and periods of adjustment.

Student Minds' have created a booklet about [navigating university life](#) that you may find helpful to read for guidance, advice tips and tricks on numerous aspects of transitioning into university life!



World Suicide Prevention Day took place on 10th September, which has also kicked off the Greater Manchester Month of Hope which runs until World Mental Health Day on the 10th October. This period of time is designed to raise awareness around suicide prevention promoting open conversation regarding suicide and inspiring hope!

The Life Lounge has placed our own Tree of Hope on campus located in the Student Learning Zone (SLZ) next to the library entrance. Here you can reflect on what gives you hope or picks you up when you're down and write this on a leaf to add to the tree. You can also find resources on coping strategies, distraction techniques, creating a hope box, different service information and information about the Life Lounge.

## 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



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

[Self Help Guides](#)  
The University's range of self-help guides covering a wide range of topics



The 24/7 Student Support line is a free, confidential service that provides you with emotional and practical support for concerns big or small. It is available to all students.

They offer unlimited access to a telephone helpline, available 24/7/365, and access to hours of wellbeing content through the student portal.

Access this service directly by phone or register to the platform by clicking on the logo above.  
**Freephone UK: 0800 031 8227**  
**WhatsApp: Text 'Hi' to 07418 360 780**

**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!