

## UHI | PERTH

### Mental Health Awareness Week - 15 to 21 May



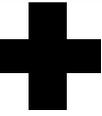
**This year's theme is 'anxiety', with the week running from 15 to 21 May 2023.**

Anxiety is a normal emotion in us all, but sometimes it can get out of control and become a mental health problem.

Lots of things can lead to feelings of anxiety, including exam pressures, relationships, starting a new job (or losing one) or other big life events. We can also get anxious when it comes to things to do with money and not being able to meet our basic needs, like heating our home or buying food.

If we don't know how to cope with our feelings of anxiety, they can get out of control and stop us from doing the things we need or want to do. The more often and the longer we feel anxious, the more it can become a problem.

Dealing with anxiety can be hard. But there are some things we can do to manage these tough feelings. Here are 9 tips to help ease anxious feelings.



- 1. Focus on your breathing**
- 2. Get moving**
- 3. Keep a diary**
- 4. Challenge your thoughts**
- 5. Get support for money worries**
- 6. Spend time in nature**
- 7. Connect with people and talk about how you feel**
- 8. Try to get some quality sleep or rest**
- 9. Try to eat a healthy diet**

**For more information or support about how to manage anxiety speak with one of our Student Services team or visiting the mental health foundation website.**

## Wear It Green Day

**It's Mental Health Awareness Week again this year, and it's time to go green! During Mental Health Awareness Week 2023, we're encouraging people to Wear it Green on Thursday 18 May. Just wear a green item of clothing to help raise awareness of this important issue.**



Web-link

# Additional Support

## Did you know?

**Your current PLSP expires at the end of each academic year, you will be required to make an appointment with either your Additional Support or Wellbeing and Support Officer to renew this for Academic Year 23/24. As the PLSP is a rolling document, an appointment is required to ensure that it is up to date and still appropriate for your learning needs.**

**To do this, please contact [additional.support.perth@uhi.ac.uk](mailto:additional.support.perth@uhi.ac.uk) and request an appointment with your Officer.**

**For HE students in receipt of DSA, your DSA will also need to be reviewed prior to the beginning of the academic year. Two of our in-house Needs Assessors are available throughout the Summer months for any support required with DSA applications. Please use the email address above to request a meeting.**



## Assistive technology of the month

# Boost Education

Boost Education - Smart solutions to make learning accessible



**Smart solutions to make learning accessible, our mission is to break down barriers to education so all students can reach their potential. Smart time management and study support to take the stress out of studying.**

- Manage your time.**
- Prioritise your wellbeing.**
  - Organise tasks.**
  - Optimise time.**
- Overcome challenges.**

## Groups

### NEURODIVERSE GROUP



The Neurodiverse Group takes place every Wednesdays between 12 pm 2pm in room 204 (Brahan building) and we would welcome any interested students to come along and join us.

This group aims to celebrate our differences and offer students a space to chill out, enjoy activities, socialise and be accepted for who they are and their many strengths.

There is no need to book just come along and join Alex Weir and Nicola Menzies. For more information about this group please email [wellbeingandsupport.perth@uhi.ac.uk](mailto:wellbeingandsupport.perth@uhi.ac.uk)

**Suicide Prevention is Everybody's Business**  
Visit the website or download for free from your app store



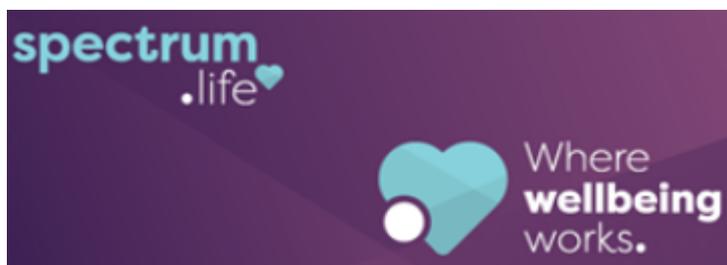
### LGBT++ ALLIES GROUP



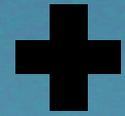
The LGBT+ & Allies Group is a safe, comfortable space where all students are welcome. We meet every 2 weeks in room 962 in the ASW Building on the below dates and times for friendly discussions and board games 😊

**For more information, please contact:**

Apryll: [apryll.mackie.perth@uhi.ac.uk](mailto:apryll.mackie.perth@uhi.ac.uk)  
Todor: [HISA.Perth.President@uhi.ac.uk](mailto:HISA.Perth.President@uhi.ac.uk)



# Groups



## Groups

### The Man Cave group for students

The Man Cave' group for students is a mental health support network where students can meet up, chat with friends, have fun, and support each other.

**"You are not alone in how you feel"**

#### Future sessions

- 10/05/23
- 24/05/23
- 07/06/23



**The group meets every second week on Wednesdays at 3 pm in Room 96I (ASW)**

This group will be facilitated by Alexander Weir (Mental Health Coordinator) and Todor Pavlov- Kennedy (HISA Perth President). For more information about this group or to let us know that you would like to attend you can contact us at [alexander.weir.perth@uhi.ac.uk](mailto:alexander.weir.perth@uhi.ac.uk).



May 2023

## Support Mindspace



MINDSPACE

UHI Perth is in a fortunate position to be able to offer its students the opportunity to get 1:1 peer support from Mindspace here on the UHI Perth Campus on Wednesdays making it easier than ever for students to get the support that they need.

“Mindspace has helped me understand and challenge my thoughts more and to ensure I look after my wellbeing... I am starting to believe I am allowed to be happy, I do have something to offer”

Peer support is neither mentoring nor befriending but a belief that anyone, with the right support, can live a fulfilled life. Peer Support at Mindspace is completely FREE and open to anyone over 16 years of age! If you are interested in signing up for the Peer support sessions at UHI Perth or would simply like more information about this service, then please contact Alexander Weir -([Alexander.weir.perth@uhi.ac.uk](mailto:Alexander.weir.perth@uhi.ac.uk)) or visit the **Mindspace website.**

### **RASAC** Weekly RASAC drop-in for staff and students.

**When** – Every Tuesday between 12 pm – 2 pm

**Where** – Student Support Hub (Brahan Building)

- No Appointment required
- Find out what RASAC do
- Meet a RASAC Support Worker
- Get added to our Support Waiting List, if you decide support is for you

The RASAC worker will have access to a private room for when confidential conversations are required.

For more information about RASAC please **Visit their website.**

# Student Services

## *Did you know?*

Did you know there are a variety of free condoms available to collect from the Student Support Hub in the Brahan Building? We know asking for such things can be... well, embarrassing... however, these are here for you to collect as and when you like without having to ask. We have paper purple bags to the side you can use to store them, along with information leaflets on how to use a condom, pregnancy, STI's and other forms of contraception.



**Did you know?** Student Services can provide Foodbank vouchers? As we are coming through the COVID-19 pandemic and the cost-of-living crisis is affecting us all, we know times are tough. Along with the fantastic 'Big Project' where you can collect food items, clothes, and toiletries, we can also provide these vouchers to you should you require them.

For more information, please feel free to contact us at [wellbeingandsupport.perth@uhi.ac.uk](mailto:wellbeingandsupport.perth@uhi.ac.uk)

- 'Tea N Biscuits' youth group for trans, including non-binary, young people aged 13-25 in Tayside. It is an online group in Dundee and Perth every Monday from 6-8pm which you can sign up for or find out more here: [Tea n Biscuits | LGBT Youth Scotland | LGBT Youth Scotland](#)

- 'GLOW' is a youth group for 13-25-year-olds, which runs every Tuesday from 6-8pm in the Health & Wellbeing Space in the AK Bell Library. Sign up or find out more information here: [Glow | LGBT Youth Scotland | LGBT Youth Scotland](#)



- Pink Saltire: an LGBT+ charity who run a variety of projects across Scotland, including Perth & Kinross Hub research, COVID Relief Support and Rainbow Responders: [PINK SALTIRE – Your Community Voice](#)



- LGBTQ+ Social Photography – group that go on outings, adventures and meet-ups to share their love for photography which whichever camera you have to hand: [PoPaB LGBTQ+ Social Photography - Perth & Kinross | Facebook](#)

• Perth LGBT+ and Friends: [Perth LGBT+ Friends - Perth, Scotland | Facebook](#)

• Scottish Bi+ Network: [Support – Scottish Bi+ Network](#)

• Perth's Transgender and Intersex Group: [Transgender Perth, Scotland | Facebook](#)

• Perth Parrots – Perth's LGBT+ Football Team: [Perth Parrots Floorball Club | Facebook](#)

## Student Services Staff Spotlight



### Tell us about yourself?

Hi, I'm Craig, I live in Perth, I have over 20 years' experience working at UHI PERTH. Motivated by sunshine and music, love travelling and the great outdoors, I don't ask for much just being healthy, happy and a dog!

### What is your role at Perth College UHI?

My Role is additional support officer, I support students who present with Specific Learning Difficulties, Sensory Impairments, Physical Disabilities and Health conditions which may impact on their studies. We coordinate Personal Learning Support Plans with the students and provide reasonable adjustments to support them with their studies. I also completed PDA inclusiveness which allows me to carry out needs assessments for students to apply for DSA, I am a certified trainer in various pieces of assistive technology which allows me to train staff/students across UHI.

### What's the best part of your job?

My role is very satisfying meeting lots of interesting students, the 1 to 1 interaction and making a difference in their studies and the final product seeing the students achieve their goals is very pleasing.

### What is a typical day at work like?

Student services is always a hive of activity, being student facing, dealing with queries, emails, phone calls and our daily appointments of PLSP's, DSA needs Assessments or assistive technology training, no two days are ever the same, prioritise and adaptable qualities required. All of Student Services work so well together and Sam keeps us all entertained.

## Student Services Staff Spotlight



### What has been your most memorable moment since working at Perth College UHI?

Winning a joint additional support service OBI award with Becky Angus and recently winning Best Support Staff (Non-teaching) Award in the HISA Awards have been highlights so far. Very proud moments, makes it all worthwhile when the students nominate me for these awards. Completing Tough Mudder 2022 with the Academy of sport & wellbeing team was a real challenge and pushed myself to the limits.

### Do you have any interesting hobbies?

I love football over 40 seasons a season ticket holder supporting Dundee United, been through the highs and lows, I love going to the gym and getting out and about cycling and walking. I also enjoy music going to live events.

### Favourite type of food?

Like to try different things but love Mexican food and cheesecake.

### Favourite holiday destination, and why?

I love USA, Driving the Florida Keys, Helicopter trip through the Grand Canyon was pretty amazing but love the whole Orlando being a big kid at all the parks experience is great, we have our own beautiful country I like exploring the NC 500 visiting all the great beaches and enjoying the scenery Scotland has on our doorstep

### Where would you like to travel next?

I just hit the big 50 in February so trip to Florida is planned in October with my son. So many other places on the bucket list for future travel.

## Student Services Staff Spotlight



### Favourite TV show or film?

My Favourite cartoon was Hong Kong Phooey, I like watching various series Chicago Fire, SWAT, Friends. I love all sorts of movies action/comedy/horror.

### As a child, what did you want to be when you grew up?

Footballer or a fireman



May 2023

## Out of hour support

We know from time to time our students may require out-of-hours support when our campus is closed, and would like to remind everyone of our free online external services that students



### Spectrum Life

Spectrum Life offer 24/7 out of hours mental health support. All calls are answered by clinically trained counsellors or psychotherapists.

### Togetherall



Togetherall is a digital mental health support service which is also available online, 24/7, and is completely anonymous. In addition to the online community, they have a wealth of useful resources and tailored self-help courses covering topics such as anxiety, sleep, weight management, depression and many more.

For more information on Spectrum Life and Togetherall please visit the wellbeing and support page on the [Perth College Website](#)

Finally, we have a dedicated space on the UHI [website](#) with a wide range of information, guidance, and resources for students to help them with their physical wellbeing and

**Suicide Prevention is Everybody's Business**  
Visit the website or download for free from your app store

**Suicide? Help!**

[www.suicidehelp.co.uk](http://www.suicidehelp.co.uk)

The Suicide? Help! logo features four icons in a 2x2 grid: a teal phone icon for 'Contacts', a purple question mark icon for 'About Suicide', a pink hand icon for 'How to Help', and an orange lifebuoy icon for 'Safety Plan'. The text 'Suicide? Help!' is in a large, bold, teal font, and the website URL 'www.suicidehelp.co.uk' is at the bottom.