

here for you



A GUIDE TO NAVIGATING MENTAL HEALTH AND WELLBEING SUPPORT
RICHMOND, THE AMERICAN INTERNATIONAL UNIVERSITY IN LONDON

OUR RESEARCH ON MENTAL HEALTH & WELLBEING

based on 2019 data on students, faculty and staff

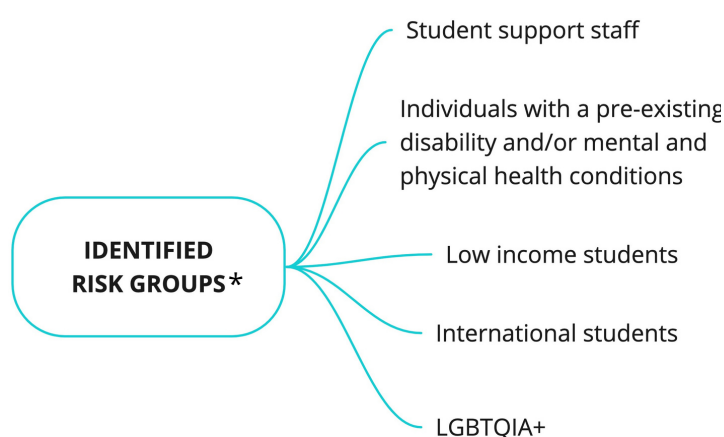
Most students, faculty and staff who participated in our research had low (52.9%) to moderate (45.7%) wellbeing.



46.5% of participants were service-users (accessed mental health support)

A large proportion of participants found existing mental health efforts beneficial:

- University counselling services (52.9%)
- Support and signposting from Richmond Psychology Association (76.1%)
- Feeling heard when voicing mental health difficulties (77.4%)



*risk groups were identified to address members of the community who may benefit from tailored approaches

Interestingly,

- Individuals with poorer mental wellbeing had greater knowledge of existing support
- Knowledge of support available within the university and accessing mental health services did not significantly predict wellbeing scores
- Individuals who accessed mental health services (service users) did **NOT** have significantly different mental wellbeing than those who did.

For any questions on our research or further information, please contact research leads (Christian Schumacher and Fadila Farag). We are also happy to hear about your experiences and input on how we can improve!

OUR RESEARCH ON MENTAL HEALTH & WELLBEING

based on 2019 data on students, faculty and staff

AREAS FOR GROWTH



1 IN 8
felt equipped to identify mental health difficulties (13%)

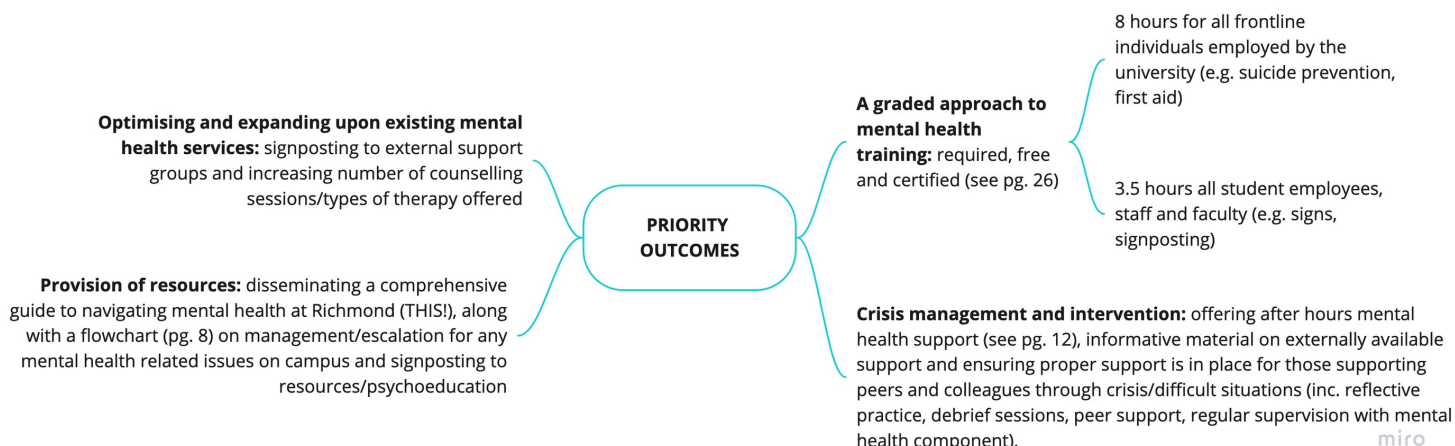


1 IN 5
felt confident in signposting abilities (20%)



8 IN 10
reported they would benefit from 24/7 mental health support (80.3%)

- Responses show a disconnect between the faculty and staff in the support of students' needs, which may be attributable to the increased likelihood of uncomfortable situations, given the small size of the university.
- Greater investment in mental health services is necessary to provide increased signposting, support groups, 24/7 crisis intervention, drop-in professional support, and training.



WHAT IS MENTAL HEALTH?

Mental health is the way you think and feel and your ability to deal with ups and downs. It is a state in which an individual can manage their thoughts and feelings effectively, make the most of their potential and engage with others in a way that's meaningful to them.

Mental health is everyone's business. We all have times when we feel down, stressed or frightened. Most of the time those feelings pass, but sometimes they develop into a more serious problem, and this could happen to any one of us. Everyone is different. You may bounce back from a setback, while someone else may feel weighed down by it for a long time.

Your mental health doesn't always stay the same. There are times that are more difficult from others. It is important to know that it's absolutely okay to feel the way you do and to do whatever you need to take care of yourself in the present moment, to know what you can do to help yourself, and when you need to ask others for help to stay well.

Your mental health can change as circumstances change and as you move through different stages in your life.

Unfortunately, stigma can be attached to mental health problems. This means that people feel uncomfortable about them and don't talk about them much. Many people don't even feel comfortable talking about their feelings.

It is always healthy to know and say how you're feeling.



EVERYONE HAS MENTAL HEALTH AND MORE TO LEARN ABOUT IT.



Click the icon below to check out world's largest online platform for mental health education.



WHO WE ARE AND WHAT WE DO?



Your mental health and wellbeing matter! Support is available to help you be as psychologically healthy as possible, to help you make the most out of your education, university experience, and potential throughout your time at Richmond, the American International University in London.

There are a variety of services available to support you through whatever it is you are going through and we are here to help you find what is best for you. You can easily access support internally from our wellbeing coordinator and counsellors, or be signposted to mental health resources externally.

We provide information and support for a variety of issues affecting your ability to study or work, including disability, physical and mental health conditions, anxiety, depression, stress, isolation, identity, suicidal thoughts, and sexual violence.

We also offer guidance on processes such as interrupting study and implementing reasonable adjustments.

We are here to listen and understand your needs. We aim to help you find solutions, and we will always follow up with you afterwards.

Support services are available to any member of the Richmond community, regardless of role, programme, location, background or personal circumstances. We can also advise staff and students alike on how to support others.

This guide provides comprehensive information of support resources available to Richmond students, faculty, and staff.

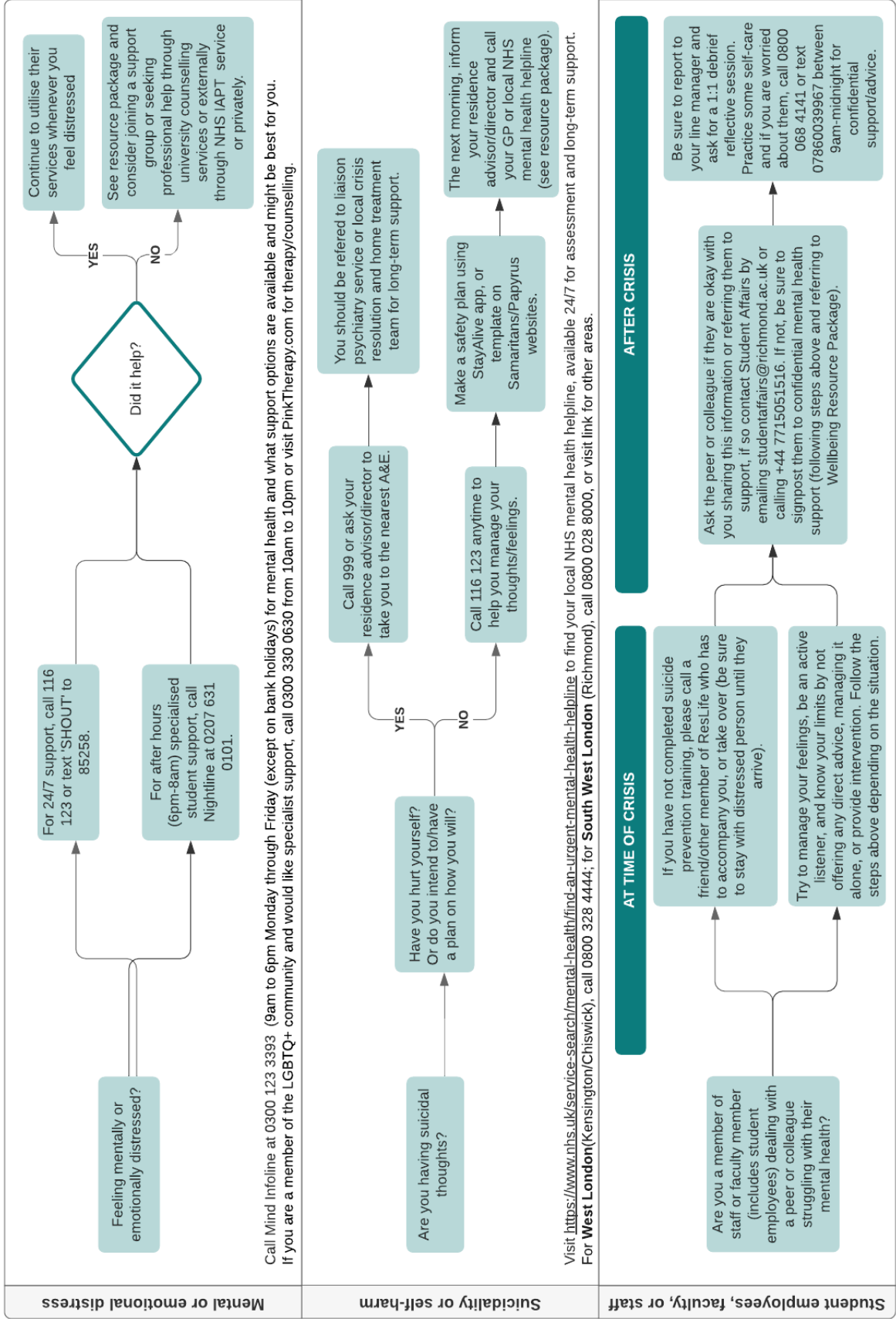
We hope to be able to help you reach your full potential, look after your own health and wellbeing, and support others.

We strive to offering non-judgemental, inclusive, confidential, culturally-sensitive, and needs-based support.



Pathways for appropriate management of mental health on-campus

We advise you all to read through the Mental Health and Wellbeing resource package and make it easily accessible for any time you need to refer to it for how/where to get support. Visit www.linktr.ee/RichmondPsych for direct links to resources.



For any other mental health and wellbeing related enquiries, contact Health and Wellbeing Coordinator, **Belinda Bains** at bainsb@richmond.ac.uk. This guide is brought to you by the Wellbeing Project (led by Christian Schumacher and Fadila Farag) and is supported by Student Affairs and Richmond, the American International University in London.

STUDENT SUPPORT STAFF

Student support staff based on and off-campus (which include residence directors and advisors, as well as peer mentors) aim to help you stay healthy, safe, and well, as well as get students immersed into the Richmond community.

WHAT THEY CAN DO?

- provide you with a space to talk to someone out-of-hours about worries or concerns for you or a friend
- signpost you to support services
- help to de-escalate an issue or stressful situation
- get you to someone who can offer you the best help
- help you familiarise yourself with the site and university
- provide support with academics and time-management through tutoring/mentoring

WHAT THEY CANNOT DO?

- offer direct advice
- offer professional intervention or mental health support

UNSURE OF WHOM TO CONTACT?

- Contact Mind Infoline at 0300 123 3393 or email info@mind.org.uk

Between student support staff, office staff, and security, there is always someone to provide help for those of you on-campus, if you need it, 24/7.

How to get in touch?

Contact details for your residence and student staff should be provided by the university upon enrollment.

If not, please contact Student Affairs at StudentAffairs@richmond.ac.uk

UNIVERSITY SUPPORT STAFF

University support staff at Student Affairs offer services to provide students with support through their academic concerns and study support, university experience, wellbeing, and any additional needs.

Wellbeing Appointments

Students can book an appointment with the Student Health & Wellness Coordinator, Belinda Bains to discuss any concerns, worries, or any difficulties you might experience to find ways to manage and cope to support your wellbeing. Belinda is also able to refer you to further support from your GP, university counsellors, and other mental health professionals.

Safety and Security

For concerns of sexual assault and harassment, you can report it anonymously via University portal at www.my.richmond.ac.uk/studentlife/default.aspx. For information on crimes on-campus, visit www.richmond.ac.uk/safety-security. Contact studentaffairs@richmond.ac.uk for any questions or complaints.

Let us know of your needs!

We encourage you to tell us how we can best support you throughout your studies. All students with any learning difficulty, disability, or long-term physical or mental health condition should work with the Student Affairs team to make all reasonable accommodations to optimise their learning and university experience. Please contact Katherine Lytle, Jamie Macleod, or Allison Cole-Stutz at admission, upon enrollment, or when diagnosis is received.

How can I book an appointment?

Wellbeing appointments are offered in a variety of ways to suit your needs, including over the phone and by video call. Same-day appointments are available so you can get support quickly.

You can easily contact the team to let them know of your needs or talk to someone about what you are experiencing by contacting health and wellness coordinator, Belinda Bains.



Contact Health & Wellness Coordinator, Belinda Bains

for any questions or if you are unclear on who can best support you, email bainsb@richmond.ac.uk.

COUNSELLING

If you experience mental health, psychological or emotional difficulties during your time at Richmond, support is available through university counselling services.

Our team of professionally accredited counsellors can help you manage the following:

- a mental health condition, such as depression or anxiety or other forms of emotional distress
- a learning disability
- the impact of physical health problems
- burnout, academic and university pressure
- the emotional impact of difficult life events, such as bereavement or a relationship breakdown
- surviving abuse and other forms of trauma
- difficult emotions, such as loneliness and anger
- other topics, such as low self-esteem, sexuality and gender

The team can provide six free sessions per semester (an average of 1 every 3 weeks through the year) of confidential psychotherapy using Psychoanalytic, Existential, Person-Centered and Gestalt approaches. Two counsellors have special training in couples and relationship counselling.

Sessions are offered in a variety of ways to suit your needs, including over the phone and through video call.

How do I register?

To access this support, email counsellors (see page 20, for contact details).

Following an initial consultation a few days later to explore how we can best meet your needs, you'll be offered the support pathway that works best for you, and you'll typically have your first counselling session soon after.

Find out more.

<https://www.richmond.ac.uk/student-life/health-care-and-counselling/>

AFTER HOURS SUPPORT

Given that over 80% of individuals who participated in our research voiced after hours support would be beneficial, as part of the Wellbeing project we made addressing this a priority and have funded London Nightline to be able to offer it:

London Nightline provide emotional support and practical information to students in distress anonymously and confidentially. The **aim** is that every student in London feels supported throughout their university experience.

The service offered is unique in that it combines effective strategies and lived experience. This way not only does the support help with managing difficult thoughts and feelings, but also a shared understanding of navigating mental health at university. It is run by extensively trained supervised students.

You can take as long as you need to talk things through, whether that be 10 minutes or 2 hours. **We're here to listen.**

Call (+44) 207 631 0101

Support available every term night, 6pm–8am

Email listening@nightline.org.uk

Skype username: **londonnightline**

If you are interested in volunteering!

London Nightline could not operate without the committed and enthusiastic group of volunteers who donate their time each year to support fellow students.

All Nightline volunteers are current students who have undergone extensive training. Volunteering is a great way to give back to the student community, meet like-minded people from universities all over London, and learn new skills.

For more information, visit <https://nightline.org.uk/volunteering/>.



Extra phone and online support

Call 0808 189 5260

From 3pm to 12am every day.

Email students@themix.org.uk

You can write to us at anytime.

Text 'STUDENT' to 85258.

For 24/7 text support.

Tailored services for specific student groups

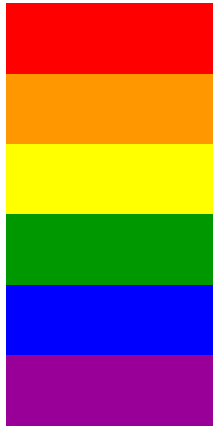
<https://studentspace.org.uk/support-services>

Whatever is going on for you or causing you concern, whether it's your mental health, your studies, worries about money or relationships, suicidal thoughts, depression, anxiety, or loneliness, we are here to listen, to support you, and to help you move forward.

You have access to free, confidential, and anonymous support from a trained volunteer.

For more information, [visit https://studentspace.org.uk/](https://studentspace.org.uk/)

Supporting people who are lesbian, gay, bi, trans, queer or another sexual minority



Be an LGBTQ+ ally to lesbian, gay, bi, trans and queer friends and support the LGBTQ+ community.

Call 0300 330 0630 from 10am-10pm

Switchboard offers a confidential, welcoming, and non-judgemental information and referral service for LGBTQ+ community members and anyone considering issues around their sexuality and/or gender identity to support groups, LGBT-friendly therapists, and other forms of support.



Call 0808 8010 424 (Weekdays, 9am-9pm)

Mermaids will be working with Student Space to provide a helpline free, confidential phone line for trans, including nonbinary and gender diverse students aged 18 - 25.

The London Friend

Provides counselling and services to support the health and mental wellbeing LGBT+ and minority communities in and around London. They also run a range of support groups.

86 Caledonia Road, Kings Cross, N1 9DN

Helpline: 020 7837 3337

Support Groups

- For lesbian and bisexual women, every 2nd and 4th Monday of the month at 7pm, contact changes@londonfriend.org.uk to register.
- For gay and bisexual men, every Thursday at 7pm, contact matrix@londonfriend.org.uk to register.
- For trans and non-binary people, every second and 4th Tuesday at 8pm, contact ontuesday@londonfriend.org.uk to register.

We are committed to providing an inclusive and welcoming community, where all students, faculty, and staff are respected as individuals and can be themselves.

Find a LGBTQ+ trained and specialized therapists on pinktherapy.com

For more information, <https://londonfriend.org.uk/>

Supporting students employed by the university

In order to be able to support you, the mental health and wellbeing of staff should be prioritised. Residence support student staff may be experiencing stress, bereavement, or long-term mental health difficulties and need more support debriefing difficult situations involving their peers. Providing you with strategies to take care of yourself will not only benefit staff, but also the peers they interact with.

- Take care of yourself to be able to support others without this negatively impacting on your own wellbeing: access resources for [self-care](#) and [self-help](#).
- For Leeds services information [click here](#).
- Take a 20 minute self-assessment to help you find support that is best for your mental health through [Good Thinking UK](#).
- Engage in peer support, talk to someone about what is going on for you.
- Create a [wellbeing toolkit](#) for yourself noting how you know when you are stressed and things that can help you, so you have something to refer to the next time you feel low mental wellbeing.
- Know there is always somebody to talk to, check out [Hub of Hope](#) for local support available to you.
- [Access weekly MindSET hour](#), a free online support group (hosted by mental health advocates and experienced therapists) to help you manage your emotions, anxiety, distress, and feeling overwhelmed by offering concrete skills and tools that can be used immediately.
- Know what questions to ask and what do to with the answers, when you are concerned about someone or they seek support from you.
- Know your competencies and don't be afraid to set boundaries when something is beyond what you can help with

What can I do to support someone who is distressed?

- Ask how they are feeling and if they are suicidal?
- Listen non-judgementally.
- Be empathetic and offer reassurance.
- Encourage the person to get help and support by signposting them.
- Encourage self-help strategies.

Where to signpost?

- If someone has done anything to hurt themselves or has a plan to, call 999 or take them to A&E (whichever is quicker) and call a family member.
- For 24-hour advice and support, help to speak to a mental health professional, and assessment for the best course of care, [find your local NHS mental health helpline](#).
- For someone to talk to any time of day or night in London or Leeds, call 116 123 at SAMARITANS or text "SHOUT" to 85258.

Supporting faculty and staff

It's perfectly natural to go through a wide range of emotions in response to COVID-19, adapting to teaching and working from home, and whatever else is going on for you, there is NO right way to feel and remember, support is available.

We all can move towards improving our mental health and building resilience by practicing self-care. This can be hard, if we feel anxious, have low self-esteem, or are depressed.

every mind matters

- The NHS [Every Mind Matters](#) have tips and advice to manage worries.
- If you are not sure where to start, it might help to complete the [NHS mood self-assessment](#) to help understand your feelings.
- If the way that you are feeling is affecting your daily life, you are struggling to cope or you are overwhelmed by your thoughts and feelings, it can help to [self-refer to NHS IAPT services](#) for evidence-based therapist-led talking therapy.
- To access IAPT services in Leeds, [click here](#).
- If your worries, grief, loneliness, relationship problems, are impacting your work and/or health, it can help to talk to your manager and seek help.

10 ways to improve your mental health

1. Talk about your feelings.
2. Keep active.
3. Eat well.
4. Drink sensibly.
5. Keep in touch.
6. Ask for help.
7. Take a break.
8. Do something you are good at.
9. Accept who you are.
10. Care for others.

Supporting a colleague

- A time and place they are comfortable with.
- Actively listen.
- Manage your own feelings.
- Check in

Steps we are taking towards workplace wellbeing for student support staff

- Supporting managers in feeling confident about talking to the staff they manage about their mental health, and protect time for this in supervision sessions.
- Providing immediate follow-up debriefing for staff managing difficult scenarios.
- Review out-of-hours practice and ensure overnight practice is linked with adequate welfare/student support services.
- Invest in compulsory mental health training tailored to front-line staff to equip them with right protocols to respond adequately to distress and signpost to support, allow for early intervention, establish confidentiality and clarity on boundaries, and consider what they can do to create a supportive culture.

Supporting international students

Moving to a new country, learning different methods of studying and forming new friendship groups can be a very exciting time when you study in the UK. But it can also be very scary and challenging, if you're adapting to a new climate, potentially speaking in a different language and feel far from your friends and family.

Starting a new university, school or college is a big change and all students, whether from the UK or elsewhere, may feel overwhelmed at some point. You're not alone. We are to guide you through your journey as a Richmond student and make your transition to life in the UK as smooth as possible. If you are experiencing difficulties during your time with us, but are unsure where to go, our Student Affairs team can help you identify the most appropriate support service.

You may experience feeling isolated, distressed, anxious or lonely. International students can have many concerns, including language barriers, not understanding cultural references, financial worries, exam stress, and worrying about proving yourself to your parents.

Steps to take to protect your mental health

- **Register** with your local GP practice.
- If you experience mental health difficulties whilst studying at Richmond you may benefit from some **therapeutic or counseling-based support**.
- Access **information** and **self-help** resources available about how to look after your mental health.
- Create a **wellbeing toolkit** for yourself noting how you know when you are stressed and things that can help you, so you have something to refer to the next time you feel low mental wellbeing.

Our Student Affairs team are here to help you throughout your studies at Richmond, offering advice and guidance from the pre-arrival stage until the end of your programme. The team can help with topics such as bank accounts and finance, travel, health care, and integrating into life in the UK. For Visa and Immigration advice, UK Council for International Student Affairs: <https://www.ukcisa.org.uk/>.



Supporting individuals with disabilities, and long-term health conditions

If you have a pre-existing diagnosed mental health condition other long-term medical conditions, or if a physical or mental health difficulty arises during your studies, **we are here to work with you** to minimise any obstacles you might face and help you thrive in both your academic and personal life.

We would prefer to work with you on preventing things being a problem or getting worse for you, and to anticipate difficulties you may encounter, rather than just reacting when things have gone wrong. Disclosing a physical or mental health condition to the University can occur at any stage - before or after enrollment on a course. However, you are encouraged to do so at the earliest opportunity.

If your physical or mental health can have an impact on your ability to study, then the University has a legal duty to support you, help you communicate your needs to your professors and academic advisor, and provide you with adjustments.

Worried about disclosing? Don't be. Disclosing will allow the university to know how to best support you, as well as give you confidence in knowing your needs are being fully met and supported.

**Contact Student Affairs
Coordinator, Katherine Lytle** for
any questions or support by emailing
katherine.lytle@richmond.ac.uk.



Supporting individuals experiencing financial stress

Students in the UK are worrying about their finances to such an extent that it is affecting their mental health. Being at university is challenging in and of itself and managing the academic stress, whilst taking care of your own mental health and wellbeing is a full-time job, so for those of you having to financially support yourselves and/or your families, all whilst completing your studies - please know you are not alone and that support is available.

Working out your habits and thought patterns around money is a good place to start. It could help you start to think about things you want to work on. Think about when you spend or save money and why. It could help to keep a diary of your spending, and your mood. Try and record what you spent and why. Record how you were feeling before and afterwards too. This could help you work out any triggers or patterns. Visit Mind charity website for more tips, or [click here](#).

Student Space also supports working-class students with managing mental health and navigating the intersectionality between race and class:

<https://studentspace.org.uk/support-services/support-for-working-class-students>.

If you have lost employment or financial support, are having problems paying for university, or or having issues with a loan/scholarship, support is available.

For individual payment plans, contact contact Silwia Starzek or fees@richmond.ac.uk. To request financial assistance, complete this form [https://www.surveymonkey.com/r/Request for Financial Assistance 2017](https://www.surveymonkey.com/r/Request+for+Financial+Assistance+2017).

To apply for student emergency fund, click here: <http://web.richmond.ac.uk/websurvey/TakeSurvey.aspx?SurveyID=72L1n62>.

Supporting individuals with suicidal thoughts

Thoughts of suicide are common and many of us experience them at some point in our lives. They are often triggered by a stressful event associated with strong feelings which drive suicide. These feelings are usually temporary and situation specific meaning that suicide can be prevented, with the right support.



People care and want to help.



If you are feeling suicidal, talk to someone.

There isn't a right or wrong way to talk about suicidal feelings.

Talk to a trusted family member, a friend, a colleague, a staff member, or your GP.

If someone is at immediate risk of harming themselves (for example, if they've made a plan or have already done something to harm themselves), then this is a crisis and the person should go directly to the Accident & Emergency (A&E). If you feel comfortable doing so, you can accompany the student to A&E yourself, or you can call 999 to request an ambulance for them.



PAPYRUS
PREVENTION OF YOUNG SUICIDE

What support is available?

- The Samaritans offer a safe place for you to talk any time you like about whatever's getting to you, **call 116 123**, 24 hours 7 days a week.
- Download the **Stay Alive app** for access to national helplines, a personalised mini-safety plan, and guidance on how to help others who may be suicidal.
- Create a **Safety Plan** (warning signs, ways of self-soothing, & who to call).
- If you are having thoughts of suicide or are concerned for someone under 35 who might be, contact a suicide prevention adviser at **HOPELINE UK** for confidential support and practical advice: call 0800 068 4141 or text 07860039967 (9am-midnight everyday).
- Save a life, take the 20 minute **online training** on how to have a conversation about a suicide.
- If you are a survivor of bereavement by suicide, call 0300 111 5065 (Mon-Sun; 9am-9pm).

For more information,

<https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/behaviours/help-for-suicidal-thoughts/>.



Supporting others with their mental health and wellbeing

Talking can be a great help to someone distressed, but it can also be distressing for you and although it's important to stay calm yourself, be sure to seek support immediately after.

Set time aside with no distractions.

It is important to provide an open and non-judgemental space with no distractions.

Let them share as much or as little as they want to

Let them lead the discussion at their own pace. Don't put pressure on them to tell you anything they aren't ready to talk about. Talking can take a lot of trust and courage. You might be the first person they have been able to talk to about this.

Stay curious

Say "Why don't you tell me how you are feeling?" rather than "I can see you are feeling very low". Try to keep your language neutral. Give the person time to answer and try not to grill them with too many questions.

Ask how you can help.

You don't have to know how to help or what to say, asking shows you care, and helps take some of the guesswork away. What they have to say might surprise you. If they don't have an answer ready, it might encourage them to start thinking proactively.

Talk about wellbeing

Talk about ways of de-stressing or practicing self-care and ask if they find anything helpful. Exercising, having a healthy diet and getting a good nights sleep can help protect mental health and sustain wellbeing.

Listen carefully to what they tell you

Repeat what they have said back to them to ensure you have understood it. You don't have to agree with what they are saying, but by showing you understand how they feel, you are letting them know you respect their feelings.

Don't try to diagnose or second guess their feelings

While you may be happy to talk and offer support, **you aren't a trained counsellor and if you are you are not their counsellor.** Try not to make assumptions about what is wrong or jump in too quickly with your own diagnosis or solutions.

If the person is experiencing a crisis, such as feeling suicidal, or experiencing a distorted reality

Almost everyone thinking about suicide doesn't want to stop living – they just want to stop the pain and distress they are feeling. Talking about suicide does not make someone more likely to take their own lives. Another person showing compassion and care can only make things better, not worse. You can ask how they are feeling, be direct in asking if they are thinking about suicide, and let them know that you are available to listen and help them access someone who can help (e.g. call Samaritans 24/7 at 116123).

Offer them help in seeking professional support and provide information on ways to do this

You might want to offer to go the GP with them, or help them talk to a friend or family member. Try not to take control and allow them to make decisions.

Value their trust.

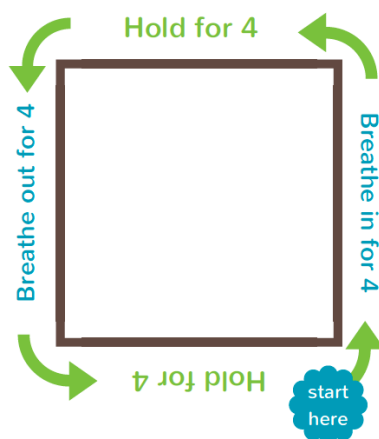
It is often very difficult for people to open up about mental health challenges. If a friend confides in you, respect their trust and don't share more than they would want. Know that it is okay to go to an adult for help if he needs it, however.

Know your limits

- Ask for help or signpost if the problem is serious.
- Looking after a friend or a colleague is not all on your shoulders. Be just as kind to yourself, as you are being to them.
- Supporting someone else can sometimes be stressful, so making sure that you look after your own wellbeing so that you have the energy, time and distance you need to be able to help.
- Set boundaries and don't take too much on.
- You do NOT need to be there 24/7.
- Share your caring role with others, if you can.
- Talk to someone you trust about how you're feeling to help you feel supported too. Be careful about how much information you share about the person you're supporting.

Looking after your own mental health and wellbeing

1. **Talking about your feelings** is NOT a sign of weakness, it is YOU taking charge of your wellbeing and doing what you can to stay healthy. It can help you cope, feeling listened to, supported, and opening up might help others do the same. Find someone you feel safe and trust confiding in to have small regular honest conversations with.
2. **Keeping yourself nourished** can mean different things to different people and although eating/ sleeping well and exercising are what most people think of, this can look different for each person. In the midst of university, we understand this can be hard to maintain, but we encourage you to find and DO what feeds you and makes you feel at peace, whether that's listening to music, maintaining a routine, setting a time to wind down every evening, taking a daily walk, meditating, or going outside.
3. **Being around people who make you feel good** and accessing social support, whether that means catching up over the phone or planning something in-person can do good for your mental health.
4. **Be kind to your mind and listen to your body.** When your mind and/or body are giving you signals of any kind of tiredness or irritation, listen and take it easy on yourself and take a step back from it all to focus on taking care of you, in whatever form you need.
5. If you are finding yourself consistently struggling with your mood and its impacting your functioning, remember there is **NO shame in asking for help.**



A FEW THINGS TO HELP YOU RESTORE

- BOX BREATHING FOR STRESS/RESTLESSNESS
- SLEEPYTI.ME BEDTIME CALCULATOR FOR MANAGING TROUBLING SLEEPING
- WORRY TREE APP FOR MANAGING ANXIETY

Taking care of your mental health is a continuous journey of growth and learning, if you've found something that works for you - WE ARE SO HAPPY! Feel free to tell us what it is, if you think it might help someone else. Contact richmondpsych@richmond.ac.uk or [@richmond_psych](https://www.instagram.com/richmond_psych) on Instagram.

University Mental Health Support

Book an appointment with the Student Health & Wellness Coordinator, Belinda Bains to discuss your wellbeing or ask any questions about university support.

Counselling Services

Richmond offers confidential counselling services to all students.

Counselling sessions can be booked directly through our Counsellors.

- Dean Adams (BACP* Gestalt counsellor) , contact deanaddams@mac.com
 - specialist training in cultural taboos and issues around gender/sexuality
- Daniela Lourenco (UKCP** Psychoanalytic Psychotherapist), contact dlourencopsychotherapy@yahoo.com
 - specialist experience in women's violence, abuse and discrimination
- Lesley Millane (UKCP Psychotherapist), contact lesley.millane@googlemail.com
 - specialist training in Couple's Counselling and experience with addictions/sexual assault
- Susanna Greene (BACP Counsellor) , contact susannagreene99@gmail.com
 - specialist training in Trauma
- Anna de Montarlot (UKCP Existential Psychotherapist), contact anne@demontarlot.com



Leeds Campus

- Beverley Moslin (BACP accredited Counsellor), beverleymoslin@hotmail.com
- Lee Wallace (BACP accredited Counsellor), info@newfuturescounselling.com

*BACP, British Association of Counsellors and Psychotherapists

**UKCP, United Kingdom Council for Psychotherapy

What is the difference between Counselling and Psychotherapy?

While a psychotherapist is qualified to provide counseling, a counselor may or may not possess the necessary training and skills to provide psychotherapy.

It can be difficult to work out whether counselling or psychotherapy is right for you.

- If you believe that your issue is acute – meaning that it is an isolated experience and not something that you have dealt with before – and your sense is that your relationship to yourself and others is healthy, then a period of **counselling** may be sufficient for you.
- If, however, you are concerned about recurring patterns around your thought processes, relationships to self, and/or relationships to others, then **psychotherapy** would most likely be better suited to you.

External support

Psychological therapies and counseling

Check out Hub of Hope UK and [Mindwell Leeds](#) to find support near you.

National Health Service (NHS) Improving Access to Psychological Therapies (IAPT)

- Mental health services are free on the NHS, however, waiting times may last up to 18 weeks.
- Typically this involves 12 to 20 sessions.
- Cognitive behavioural therapy (CBT) is commonly offered to treat anxiety and depression. It is a talking therapy that can help you manage your problems by changing the way you think and behave, given that your thoughts, feelings, physical sensations and actions are interconnected, and that negative thoughts and feelings can trap you in a vicious cycle. [Watch this video for more information about CBT.](#)
- Other talking therapies offered include behavioural activation (BA), interpersonal psychotherapy (IPT), eye movement desensitization and reprocessing (EMDR) and mindfulness-based cognitive therapy (MBCT).
- Short-term 6 to 12 sessions of counseling are offered for depression, chronic pain, addiction, fertility problems, or coping with a long-term condition.
- To self-refer to your local service in London, enter your postcode and complete this [form](#).
- For Leeds mental health support services, [click here](#) for more information on what support is available, and complete this [form](#) to self refer to your local IAPT service.

Private practice

- Although waiting time will be much shorter, accessing private therapy can cost between 50 GBP to 200 GBP depending on the practitioner's qualifications/level of experience.
- To search for a practitioner near you, visit <https://www.counselling-directory.org.uk/>.
- Be sure to check that the practitioner is accredited by one of these registering bodies for Psychology, Counseling, or Psychotherapy (HCPC, BABCP, BACP, UKCP).
- For psychological therapies in Leeds, visit <https://www.mindwell-leeds.org.uk/services-directory/>.

Visit this link for more information on the types of therapy.

Self-help therapies are psychological therapies that you can do in your own time to help with problems like stress, anxiety and depression. They can be a useful way to try out CBT or MBCT to see if it's for you. They can also be convenient if: you're short of time, you have family or work commitments, you cannot get out easily, and you want a therapy that's completely anonymous.

These cost between 40 and 60 GBP, for 8 sessions.

Click the icons, for more information.



Training opportunities

Check out [MindEd](#), a free online resource on all things mental health

Want to feel more equipped in mental health?

There are loads of training opportunities available, and most of them are **FREE** of charge!

We recommend that all frontline staff including residence advisors/directors, peer mentors, student affairs, and security complete the following training:

Crisis Intervention: *Suicide and self-harm prevention*

- Save a life, take a certified 20 minute online Suicide Awareness training through Zero Suicide Alliance at <https://www.zerosuicidealliance.com/>
- Self-harm and Suicide Prevention e-learning programme (60-90 mins) "We need to talk about suicide: helping everyone to feel more confident to talk about suicide" through Health Education England at <http://www.nwyhelearning.nhs.uk/elearning/HEE/SuicidePrevention/>

Psychological First Aid Training certified through Public Health England (3 hours), click [here](#).

- exploring the psychological impact of the pandemic & what you can do to help people cope.

Safeguarding Adults (Level 3) certified through Health Education England (3 hours), click [here](#).

- build the skills to ensure people at risk of abuse/neglect receive the care and protection they need to stay safe and unharmed, learn how to appropriately share information on safeguarding concerns in writing and in meetings, and reflective practice/role of supervision.

Additional training in Mental Health First Aid is available online, Level 2-certified and free-of-charge for those who are over 19 years old, have lived in the UK or Europe (for 3+ years), and have not completed the course previously. [Register here](#).

For those not eligible/but interested, it can be obtained independently through MHFA England or St. John's Ambulance for 150-300 GBP. We recommend 1 or 2 day options for thorough training in signs, symptoms, signposting, in addition to de-escalation and crisis intervention. For more information contact Student Affairs or Psychology department.



St John
Ambulance



Health Education England



MHFA England



More information on resources

Are you struggling with your mental health?

Use a self-assessment tool to check in with yourself and seeking appropriate help, accordingly.

- For a comprehensive mental health self-assessment, visit <https://www.good-thinking.uk/self-assessment/>.
- NHS Depression & Anxiety Self-Assessment Quiz [here](#)
- NHS Stress Self-Assessment [here](#)
- NHS Sleep Difficulties Self-Assessment [here](#)

These tools are to help you understand your experiences and should not be interpreted to mean a diagnosable condition or problem, however, they can offer you an indication of whether and what type of professional support might be helpful for you.

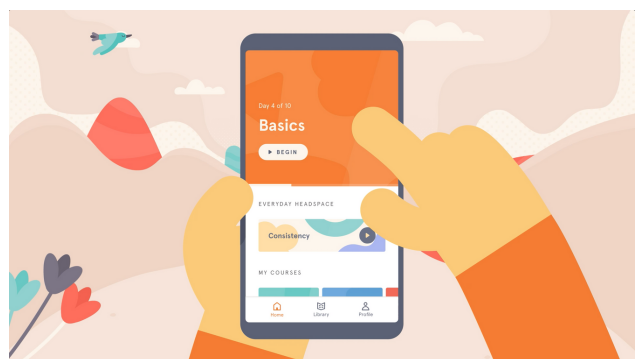
Here are some resources for your mental health & wellbeing

Rain on Me Support Group (regular, see Instagram @rainonlondon for timings/register)

<https://www.rainonme.org/>

The session is a 'medical-free' zone. It is where you can truly be open and free to talk about whatever you want, and not feel judged, but actually, be heard and accepted.

This free support group (8-10 people) is led solely by like-minded volunteers. You are welcome to come and vent with us. You can even bring a friend. However, no family members are allowed as it can be difficult opening up in front of a parent. All discussions are completely confidential (unless your safety is at immediate risk).



 **headspace**

For students with obsessive compulsive disorder, body dysmorphic disorder, OCD Action coordinate support groups twice per month, visit <https://ocdaction.org.uk/student-space/>.

For students hearing voices, the Voice Collective charity hosts regular support groups via Zoom, email info@voicecollective.co.uk to express your interest.

Emergency contacts and crisis support



For someone to talk to any time of day or night in London or Leeds, call 116 123 at SAMARITANS or text "SHOUT" to 85258.

If you need help for a mental health crisis or emergency, you should get immediate expert advice and assessment. It's important to know that support is available, even if services seem busy at the moment because of coronavirus.

NHS urgent mental health helplines are for people of all ages, [click here to find your local one](#), or **Google 'local NHS urgent mental health helpline'** to enter your postcode.

- You can call for 24-hour advice and support – for you, your child, your parent or someone you care for, help to speak to a mental health professional, or an assessment to help decide on the best course of care.
- For **West London** (Kensington), call 0800 328 4444; for **South West London** (Richmond), call 0800 028 8000; for **Central London**, call 0800 023 4650; for **South London**, call 0800 731 2864; **North London** (Camden/Islington), call 0800 917 3333; **East London**, call 0800 073 0066.
- For **Leeds**, call the NHS Crisis Assessment Service at 0300 300 1485.

Call 999 or go to A&E now if:

- someone's life is at risk – for example, they have seriously injured themselves or taken an overdose
- you do not feel you can keep yourself or someone else safe

They should also refer you to a liaison psychiatry service or local crisis resolution and home treatment team (CRHT). The team in charge of your care will assess you and decide on the best course of care. This usually involves supporting you with your mental health at home. They may also refer you to other services to support your needs.

If you struggle with suicidal thoughts or are supporting someone else, it may help to make a safety plan to use if you need it, the Staying Safe website (<https://stayingSAFE.net/>) provides information on how to make a safety plan, including video tutorials and online templates to guide you through the process.

This guide is brought to you as part of a student-led project dedicated to working towards a university-wide culture of wellbeing that prioritizes your mental health first and always. The *Wellbeing Project* aims to identify unmet mental health needs within the university community and inform evidence-based improvements and expansions of existing support services to meet those needs. Research has been ongoing since November 2019 and implementation of recommended support is being funded for a pilot year (2022-23) by Psi Chi, the International Honour Society in Psychology.

A message from the project leads:

"We are honoured to have been able to foster our passion in supporting students like you through this project and have the opportunity to truly make an impact on bettering the experiences of future members of the Richmond community. We want you all to know how much YOU matter and how much your mental health and wellbeing matter. Thank you for everyone who supported us in making this happen and to Dr. Konstantinou for supervising us."

- Christian Schumacher and Fadila Farag

Follow us on social media or visit our webpage

 @richmond_psych (Instagram)

 <https://www.richmond.ac.uk/student-activities/richmond-psychology-association/>

Richmond Health and Wellbeing

Website: <https://www.richmond.ac.uk/student-life/health-care-and-counselling>

Contact: <https://studentspace.org.uk/find-support/richmond-the-american-international-university-in-london>