

Students encouraged to look after mental health

Thousands of students are beginning a new term at college or university and they are being encouraged to look after their mental health. Students feeling down or under stress should talk to someone they trust and get support.

Stress and pressure

This is a really exciting time for students, but is also a period of huge change. New responsibilities can lead to feelings of stress, such as:

- living away from home
- moving into a new house
- making new friends
- starting a new course

Some students may also need to find a part-time job to help support their studies, which can be an added pressure.

A certain amount of stress is normal but it is really important that students know that looking after their mental health is just as important as looking after their physical health.

Information booklet for students

There is a [booklet for students](#) full of practical tips and information on:

- managing stress
- achieving and maintaining positive mental health and emotional well-being

The booklet covers topics such as money, body image, home life, feeling down, and family issues.

It also contains a list of helpful local organisations and websites which offer support.

The booklet is also available from students' unions.

Recognising potential warning signs

Untreated mental health problems can lead to self-harm and suicide.

Someone who's having suicidal thoughts may not ask for help, but that doesn't mean they don't want help and support. It can be difficult finding the words to express what they are feeling.

You can find out more about what to do if you think someone might be in need of immediate help on the [mental health emergency – if you're in crisis or despair page](#).

Lifeline

You can also talk to trained counsellors at any time by contact the crisis helpline Lifeline at:

More useful links