




Summer Newsletter 2025



Luci's TIMETABLE

 Chancellor's Mall
 Every other Wednesday
 12.15pm to 1.45pm

Come and say hello to our therapy dog Luci and her human Alison.
Drop by for an enthusiastic hello, perky ears and a very active tail!

Please check out our Instagram @UoGM_Wellbeing for Luci's next visit!



Starting a New Year!

Many of you may be reading this on or after summer break, or as a new student starting your first academic year. Regardless of where you are up to in your university journey, coming to the start of a new academic year can come with a lot of different emotions including anxiety, excitement or uncertainty or a mixture of all three!

It can be helpful to regularly check-in with yourself, some questions to ask yourself are:

- How have you been feeling?
- Is there a new habit you want to start or stop going into this academic year?
- What do I need to do more of in my life at the moment?
- How do I manage stress?

It can be helpful to think of something you can do to take a mental or emotional reset when dealing with stress. This could be something simple like taking time to declutter your room, making a calming playlist or a list of grounding people and activities. You could also practice some five minute grounding or breathing techniques like the ones below:



Take a Deep Breath

Guided Meditation Breathing Exercise



5-4-3-2-1 Method

Grounding Exercise

Remember that starting a new academic year can be overwhelming and you may feel a lot of pressure but do remember that no one is perfect and you don't have to be, it can take time to find your groove and rhythm again after a break. If you do find yourself becoming too overwhelmed by the new academic year please do remember that the Life Lounge is here for you if you need some support! You can find the link to make a referral on the last page of this newsletter.

South Asian Heritage Month

18 July to 18 August 2025

For those from a South Asian background it can be quite difficult to speak about mental health due to the stigma. For some South Asian families the thought of their relative struggling with their mental health can cause distress and denial, with particular worries around how they, their family name, and honour will be perceived by their community. Understandably, if this is your background you may also struggle to seek professional support due to feelings of shame around doing so.



South Asians: Stigma around therapy is harming us



This article, written by a South Asian therapist, goes into more depth on the stigma around mental health in South Asian communities

Here at the Life Lounge we have an understanding of the complexities, and for some shame, that can come with seeking professional support as part of these communities and would like to offer our assurances that we offer confidential, non-judgmental support for all students regardless of background.

In certain areas of the UK there are non-profit services who offer counselling for South Asian specific communities:



Pakistani Resource Centre
Location: Trafford



Diya South Asian Support Group
Location: Harrow



Sahil Project
Location: Coventry



Roshni Ghar
Location: Keighley, Bradford



Sleeptember



Sleeptember covers the whole month of September! Here are some common facts and myths:

FACT!

Sleep improves memory

Not getting enough sleep affects your emotions

Blue light/electronics affects our ability to sleep

MYTH!

Your body will get used to it if you sleep less

It can seem like your body is adjusting after a lack of sleep for a long time but sleep deprivation over a long period of time can lead to poor work performance, cognitive decline and put you at heightened risk of dementia.

Napping can make up for lost sleep at night

Napping can disrupt your sleep cycle and though short, can give a small burst of energy it is more likely you will feel sluggish after! Naps don't progress through our sleep cycles in the way a nightly sleep does!

Staying in bed when you can't sleep helps

It is recommended if you cannot sleep after 20-30 minutes to get up and do something relaxing e.g. reading or a puzzle to help you get to sleep

Drinking alcohol improves sleep

Having a drink can help you feel drowsy and fall asleep but ultimately the quality of sleep declined significantly and your sleep cycle can be disrupted.

Click on the sheep to find out more about sleep plus some helpful tips and tricks



National Grief Awareness Day

30 August 2025

Grief is a natural response to loss and bereavement that most people encounter at some point in their life. There is no one way in which to grieve – it can differ between people and change over time. For example, for some it may look like struggling with multiple different emotions, for others it can be not feeling anything at all or someone may experience both of these over time.

Losing someone as a student comes with its own difficulties. If you've moved away from home you may not be near your support network and are trying to maintain or develop a new routine and structure at the same time; University may start to become associated with your loss itself and it may be difficult to see the positive aspects of Uni life; You may also start to struggle with motivation, concentration and memory which can all affect your academic work, grades, and attendance.

It's really important to not be afraid to speak with your personal tutor about your loss so they can look at what support options work are available to you, for example extensions, mitigating circumstances or taking a break in learning.

It is expected that you will struggle when a loved one passes and although we can't 'fix' grief there are some things we can do to help us process our grief and start to feel a little better:

- Let yourself feel whatever you are feeling – this is very important in processing grief!
- Try to express your grief whether this is to someone in your life or by journaling
- Rest – take things one day at a time, try not to let the pressure of trying to keep up with your normal daily life get the better of you and ask for support if you need it.
- Light movement – stretch or go for a walk in your day, getting outside can be a good way of getting fresh air and spending some time in nature.
- Try to connect to things and people that make you feel good – enjoying yourself does not mean that you have forgotten the person who has passed away.


If you know someone who is grieving there are some little things that you can do to support them such as:

- Acknowledging someone's loss and showing you care
- Checking in on anniversaries and birthdays
- Don't be afraid to bring up the loss or be scared to talk about happy memories
- Offer practical support
- Try not to take any strain in the relationship too personally
- Don't tip toe around them – make sure they know its okay to have fun still!

Here some sources of support directly related to Grief and Loss

 **thenewnormal.**

Let's Talk About Loss
talking through the taboo

 **Survivors of
Bereavement
by Suicide**

 **The
Grief
Gang**

 **University of
Greater
Manchester**

World Suicide Prevention Day

10 September 2025

Hosted annually by the International Association for Suicide Prevention it is an opportunity for everyone to raise awareness around suicide and suicide prevention.

If you are struggling with suicidal thoughts reaching out for support is the most helpful thing you can do for yourself, you can also take some of the following steps to help provide some relief:

- Remove any harmful objects from your environment and if you can, try to stay with a loved one
- Talk to someone about your suicidal thoughts, this could be someone in your life that you trust or a professional, and avoid keeping your thoughts a secret.
- Contact a crisis helpline – You can find a list of these on the last page of this newsletter
- Refer yourself into the Life Lounge service (there is a Click Here button on the last page of this newsletter) and/or schedule an appointment with your GP
- Reading other peoples stories can help and provide hope for the future – The [Student Minds Blog](#) has many posts, over multiple years, that discuss other student's experiences with mental health. You could also join [Togetherall](#), a peer to peer support network where people share their stories via community posts.
- Try and practice coping strategies that feel safe to you – Doing something you enjoy, journaling, spending time with a friend or pet, going for a walk are common examples.
- You can also try to make a safety plan – [Every Life Matters](#) provides step by step advice on how to make a safety plan and provides a template you can use.

If you are experiencing suicidal thoughts and feel that you cannot keep yourself safe anymore please attend your nearest Accident & Emergency (A&E) department or contact the emergency services by dialing 999.

There are warning signs of suicide and it can be helpful to become familiar with these, particularly if you're worried about someone's mental health. These include but aren't limited to someone:

- Talking about wanting to die,
- Mentioning they've searched online about how to end their life,
- Talking about feeling hopeless or having no reason to live,
- Talking about feeling trapped or that they are in emotional pain,
- Expressing feeling like a burden,
- Increasingly using alcohol and drugs,
- Seeming more anxious or irritated than normal,
- Acting impulsively or recklessly,
- Sleeping too much or too little,
- Isolating themselves
- Seeming to have extreme mood swings.

So what can you do if you think someone may be thinking about suicide?

✳ Ask someone! Don't be afraid to be direct, it's widely recognised that asking someone if they're experiencing suicidal thoughts does not make it more likely that they will or put ideas in their mind. A way to start the conversation may be by just pointing out someone doesn't seem themselves or that you're worried about them, asking if they're okay and if something has been going on before asking directly about suicidal thoughts.

✳ Listen without judgement or interruption and try to listen for any positives they mention. Don't minimise their problems or make promises you may not be able to keep, for example that you won't tell anyone about their suicidal thoughts.




✳ Be kind and caring in your response. Stay calm and with them, if they say they are planning on harming themselves remove any sharp objects or other objects they could harm themselves with, go with the person to the A&E department or help them contact a crisis service (if someone has already come to harm contact 999 if you cannot get them to A&E).

✳ Keep in touch with them following their crisis.

Helplines and other support services are listed on the last page of this newsletter



Bear's TIMETABLE

 Chancellor's Mall
 Various
 12pm to 2pm

Come and say hello to our therapy dog Bear and his human Stuart, one of our Paramedic lecturers! Why not drop by for a hello, a hug or just to admire all the fluff.

Please check out our Instagram @UoGM_Wellbeing for Bear's next visit!



Harassment

is unwanted conduct that creates a hostile or offensive environment by violating someone's dignity or making them feel intimidated, degraded, or humiliated.

Bullying

is unwanted behaviour from a person or group that is either: offensive, intimidating, malicious or insulting. An abuse or misuse of power that undermines, humiliates, or causes physical or emotional harm to someone.

Sexual Misconduct

is a broad term that encompasses all forms of unwanted sexual behaviour or actions that violate personal boundaries, dignity, and consent.

Your Voice Matters! Dignity at Study

Every member of our university community deserves to be treated with dignity and respect, we have a zero tolerance approach towards harassment, bullying, discrimination, victimisation and sexual misconduct in any form.

If you have been subject to, or witnessed, any form of mistreatment where the perpetrator is a student, member of staff, visitor or a contractor appointed by the University then please visit our [Dignity at Study](#) website for further information or click below to make a report.

REPORT NOW

There are three ways to report: You can report for yourself, on behalf of another student or you can report anonymously. Information on what happens with each type of reporting is available on the Dignity at Study website.

Victimisation

occurs when someone is deliberately treated unfairly or made to suffer a detriment because they have asserted their rights related to discrimination or harassment (eg: made a complaint) or have supported someone else in doing so.

Hate Crime

is a criminal act against a person or property that is motivated by prejudice or hostility towards the victim's actual or perceived race, religion, ethnicity, nationality, sexual orientation, disability, or gender identity. It is characterised by the offender targeting the victim based on their membership (or perceived membership) in a specific group.

Discrimination

is the unfair or unequal treatment of an individual or group based on specific characteristics or group membership, including but not limited to race, gender, age, disability, sexual orientation, or religion. This could either be a characteristic that someone has or that they are perceived to have.



Help & Support



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!

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

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

Opening Hours: Monday to Thursday 10am - 8.30pm / Friday 10am - 4.30pm

Online 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

Get support. Take control. Feel better.

Welcome to Togetherall. A safe online community to support your mental health, 24/7

- Connect with others experiencing similar feelings
- Feel safe, trained professionals are on hand, 24/7
- Stay anonymous, everyone's identity is protected within the community

Join with your Uni email address to get immediate access to online support by clicking on the logo



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