

# Dundee Mental Health Awareness Week

## 24 to 28 April 2017

### *Heart Tay Heart*

#### **Walk Up the Law - Monday 24 April, 12.30pm leaving from the Abertay Sports Office**

Abertay Sport will be leading a walk up one of Dundee's most well-known landmarks, The Law. The walk will take 35-45 minutes over lunch on Monday 24 April. We will head off from Abertay gym at 12.30pm. Book your place through Eventbrite:

<https://www.eventbrite.co.uk/e/dundee-mental-health-awareness-week-walk-up-the-law-registration-31715955276>

The hillwalk will provide the ideal opportunity to get away from your desk and involved in physical activity. Not only that, but 30 minutes of regular light to moderate exercise has been proven to have positive effects on depression, anxiety and sleep patterns to name but a few. A sense of accomplishment will provide a boost to your confidence and improve your mood as well as increasing energy levels.

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#### **Suicide Risk Awareness Workshop - Monday 24 April, 1-3pm in the Events Area, Abertay University**

An introductory and interactive workshop suitable for anyone who is interested in learning about suicide risk awareness. This may be of interest to anyone working in mental health or who may come into contact with someone who is suicidal.

This is a free mental health awareness workshop run by the mental health nursing team at Abertay University. Please note spaces are limited. Book your place through Eventbrite:

<https://www.eventbrite.co.uk/e/dundee-mental-health-awareness-week-suicide-risk-awareness-workshop-registration-31028669586>

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#### **Dementia Awareness Workshop - Tuesday 25 April, 1-3pm in the Events Area, Abertay University**

An introductory and interactive simulated learning experience for anyone who is interested in gaining knowledge about dementia. This session will include activities designed to teach about sensory and cognitive changes that sometimes occur as we get older.

This is a free mental health awareness workshop run by the mental health nursing team at Abertay University. Please note spaces are limited. Book your place through Eventbrite:

<https://www.eventbrite.co.uk/e/dundee-mental-health-awareness-week-dementia-awareness-workshop-registration-31028966474>

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#### **Mentally Healthy Workplace Training for Line Managers - Tuesday 25 and Wednesday 26 April, 9.00am-12noon Room 3022, Abertay University**

Line managers have a crucial role in supporting the health and wellbeing of employees. From communication to clarity of job role, managers can influence the success of a team. This training includes good practice in promoting positive mental health and wellbeing, and offers practical examples of how to support employees experiencing mental health problems.

This is a free training session and due to spaces being limited will be run over two days. Book your place through Eventbrite:

<https://www.eventbrite.co.uk/e/dundee-mental-health-awareness-week-mentally-health-workplace-training-for-managers-registration-31643231758>

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#### **Alcohol and Substance Misuse Workshop - Thursday 27 April, 1-3pm in the Events Area, Abertay University**

An introductory workshop exploring the role of alcohol and other substances in society, particularly with regard to mental health. The session combines practical activities with learning about culture, the law and individual attitudes to alcohol and drug use.

This is a free mental health awareness workshop run by the mental health nursing team at Abertay University. Please note spaces are limited. Book your place through Eventbrite:

<https://www.eventbrite.co.uk/e/mental-health-awareness-workshop-alcohol-and-substance-misuse-workshop-registration-31029229260>

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#### **Mindfulness stress-buster - Monday 24 to Friday 28 April**

Run as part of Abertay's contribution to Heart Tay Heart - Mental Health Week, mindfulness sessions are for all comers who would like to take 50 minutes for mindfulness practice.

They are suitable for all levels, and experience, and are a great opportunity for those struggling with revisions, exam stress, and study fatigue!

The sessions will require participants to sit or lie for around 30-40 minutes.

Not recommended for people currently experiencing serious mental health problems

Sessions take place Monday to Friday in Room 1006, 1-2pm, except Wednesday which is 11.30am-12.30pm.

To book a place at one of the sessions, please follow the link that suits you:

Monday - <https://www.eventbrite.co.uk/e/mindfulness-stress-buster-tickets-31964502688>

Tuesday - <https://www.eventbrite.co.uk/e/mindfulness-stress-buster-2-tickets-31964518736>

Wednesday - <https://www.eventbrite.co.uk/e/mindfulness-stress-buster-3-tickets-31964537793>

Thursday - <https://www.eventbrite.co.uk/e/mindfulness-stress-buster-4-tickets-31964558856>

Friday - <https://www.eventbrite.co.uk/e/mindfulness-stress-buster-5-tickets-31964568886>

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#### **Relax Trolley 24 -28 April**

As Heart Tay Heart occurs at the same time as the University's revision week, we focus a lot of welfare initiatives at this time. This is also the time when there are a lot of deadlines. Students will spend hours around campus and in the library. The time of year can take its toll on many students and their mental health can potentially suffer as a consequence. As part of revision week our staff go around with a trolley of free goodies which includes free hot drinks, biscuits, breakfast bars, fruit, lollies and juice. It's a great way for us to make sure students are eating/drinking and taking breaks. Students can also approach us if they are feeling a little overwhelmed and have someone to talk to or offer them advice. This term we will also be giving out handy exam stress guides and information about Heart Tay Heart.

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#### **Abertay Sport**

Exercise and physical activity can help tackle and stave off various mental health issues. The Abertay Sport service has the following offerings:

Gym

Exercise Classes

Recreational Sport

Sports Union Clubs

Elite Athlete Support

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During mental health week staff and student members of the gym will be able to bring a friend to the gym free of charge. All non-members of the gym will need to sign in at the reception desk.

Dundee Academy of Sport would welcome any requests from schools looking to discuss mental health and sport with their pupils. There are many high profile athletes who have struggled with mental health issues. Our classes would discuss this in more depth using the athletes as role models to help the pupils understand that there should be no stigma around mental health. We will also discuss the role that physical activity and sport can play in improving mental health and the physiological benefits and adaptations that occur through exercise. Schools can request this work via the following webpage:

<https://docs.google.com/forms/d/e/1FAIpQLScj3F5SBTmtjEaeRqB-RIX2kkjayovXC2iBw7K0V4PCHV16iQ/viewform?c=0&w=1> or by emailing [dundeeacademyofsport@abertay.ac.uk](mailto:dundeeacademyofsport@abertay.ac.uk)

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#### **Abertay Counselling Service and Mental Health Service**

The Counselling Service is part of Student Services and is free for all Abertay students. Counselling is an opportunity to explore issues that concern you and not be judged. Our counsellors' approach is to support you to find your own directions in life. Counselling is not advice – a counsellor will not tell you what you should do. The Counselling service adheres to the BACP code of ethics and practice.

#### **Why might I see a counsellor?**

Some students seek counselling to help with specific problems in living such as loss, bereavement, trauma, stress, self-harm, anxiety, academic issues, depression, sexual/physical/emotional abuse, bullying, drinking, drugs, sexuality, loneliness, relationship difficulties and harassment. Some people simply attend out of a sense of something being wrong in their life.

#### **How to make an appointment**

The Counselling Service is part of Student Services on Level 2 of the Library. You can make an appointment by speaking to reception staff in Student Services. Alternatively you can phone (01382) 308051 or email: [counselling@abertay.ac.uk](mailto:counselling@abertay.ac.uk). Appointments are scheduled between 9am and 5pm Monday to Friday. The standard length of an appointment is 50 minutes.

At busy times the Counselling and Mental Health Team has a waiting list.

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#### **Mental Health Advisor**

The University Mental Health Advisor is eager to ensure that students with mental health difficulties receive advice, information and support as needed to facilitate academic work and participation in university life. All communication is confidential and informal.

Mental Health Advisor main aims are to:

- Identify support needs
- Discuss strategies for managing student life and mental health difficulties
- Provide short-term or ongoing support
- Provide information and if needed, access to other services within the University and local mental health services

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Come along if:

- You are struggling to deal with an existing mental health difficulty
- You, or other people, have become concerned about your mental health recently
- You would like to discuss strategies which may help you to cope with university life

To make an appointment with the Mental Health Advisor email [mentalhealth@abertay.ac.uk](mailto:mentalhealth@abertay.ac.uk).

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#### **Peer to Peer Help for new students**

The peer mentoring scheme exists to welcome and help new students as they settle into university. Coming to university can be an exciting time but it can also be daunting as there are lots of new experiences to adjust to. The best people to support new students are often other students who have faced similar challenges themselves. Being able to talk to an 'experienced' student can help make this transition much smoother.

Many students will benefit from the scheme both as mentors and mentees.

Our P2P mentors have taken part in a seven week training programme which, along with their own experience of coming to university, means they are well equipped to support and encourage new students as they find their feet at university.

Our mentors meet with groups of new students during orientation to answer any questions.

Mentors can be contacted by email by their mentor groups with any concerns that arise as the semester progresses – Email [p2p@abertay.ac.uk](mailto:p2p@abertay.ac.uk).

The Counselling and Mental Health Service also provides various workshops and courses such as:

Procrastination

Beating the blues

Mindfulness Taster sessions (for stress, anxiety, depression and building resilience)

A seven week mindfulness course for students

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#### **Students' Association**

The Students Association exists to represent students at Abertay through elected student officers and the provision of services. Our elected officers lead on campaigns to improve student life at Abertay. Our Advice and Welfare Coordinator is a full time staff member dedicated to ensuring students feel supported in times of academic crisis, or looking for support and not sure where to turn to. The Advice and Welfare Coordinator is also trained to deliver Scottish Mental Health First Aid and can organise training sessions for Abertay students at their request. Check out [www.abertaySA.com](http://www.abertaySA.com) for updates on campaigns, events and advice.