

*Dear Student,*

My colleagues in Student Support and Wellbeing, coordinated by Esther Hunt, have put the following together and I thank them very much for doing so. I hope that you find something within that is a support to you. We all wish you well, particularly over Easter and the next couple of weeks.

Kind Regards  
Dave Corcoran  
Director of Student Support and Transition

Staff colleagues have been cc'd in for awareness.

*Student Support and Wellbeing online for you...*

We hope you are safe and well, and adjusting to your new circumstances. Whilst we are all socially distancing, here are some updates on our services to help support you through, and resources to keep you connected and on track...

### *Spring Break Support Health and Wellbeing*

Over the Spring break our dedicated team of advisers are on hand to support you.

*Student Health – For all your health concerns and health advice*

Just email [studenthealth@chi.ac.uk](mailto:studenthealth@chi.ac.uk) or pick up the phone to speak with one of our friendly professional nurse health advisers, Becky and Denise, always happy to help, 01243 816111 or phone and text 07974 834217.

*Student Wellbeing – Mental Health, Counselling and Student Wellbeing Advice*

Just email [wellbeing@chi.ac.uk](mailto:wellbeing@chi.ac.uk) One of our supportive and experienced advisers, Emma, Esther or Karen, will get in touch if you would like any mental health, counselling, wellbeing advice, signposting or support – please let us know.

*Student Support Services: all here over the Spring break*

- **International Advisers Jane and Päivi:** [international@chi.ac.uk](mailto:international@chi.ac.uk)  
Mobile: 07739983729 / 07967359892 Tel: 01243 812194 / 01243 812146
- **Student Money Advice Karena and Panashe:** [stumoneyadv@chi.ac.uk](mailto:stumoneyadv@chi.ac.uk)

- **Disability and Dyslexia Support Steve and team:**  
[disability@chi.ac.uk](mailto:disability@chi.ac.uk) [dyslexia@chi.ac.uk](mailto:dyslexia@chi.ac.uk)
- **Chaplain Rev Dr Alison Green:** [Alison.Green@chi.ac.uk](mailto:Alison.Green@chi.ac.uk)

## *Resources and links for you to access support:*

<https://resiliencetoolkit.org.uk/> Made for students by Unite Students

<https://www.westsussexmind.org/> Mental health online, Zoom sessions and phone line

<https://www.psychologytools.com/articles/free-guide-to-living-with-worry-and-anxiety-amidst-global-uncertainty/> Free Guide to Living with Worry and Anxiety Amidst Global Uncertainty

<https://web.ntw.nhs.uk/selfhelp/> Free access to NHS self-care leaflets online: help for Eating disorders, alcohol and addictions, depression, sleep, panic, PTSD and more.

[https://issuu.com/theCBTresource/docs/managing\\_stress\\_during\\_the\\_covid-19\\_outbreak](https://issuu.com/theCBTresource/docs/managing_stress_during_the_covid-19_outbreak) CBT resources to help you manage stress due to the CV-19 pandemic

<https://www.thecalmzone.net/> Campaign against living miserably – online webchat and support

<https://www.studentsagainstd Depression.org/> Focussed support, blog, twitter, Facebook

<https://www.mind.org.uk/coronavirus-we-are-here-for-you/> Coronavirus support from MIND UK

<https://www.youtube.com/watch?v=fUeEnkjKyDs> Mindfulness YouTube exercises from Prof Mark Williams and Danny Penman Oxford University

<https://www.giveusashout.org/> text 85258 Anxious? Worried? Stressed? Get 24/7 help from our team of Crisis Volunteers

<https://www.samaritans.org/> Need support? We're here to listen 24 hours, 365 days a year. Call 116 123 for free

**NHS 111** service has [mental health nurses](#) on the team now to offer guidance and refer to services. Don't wait just call for 24/7 support for your mental health needs.

NHS Sussex Mental Healthline: 0300 5000 101 (24 hours a day)

## **Useful Links**

Here are some links you may find useful to access:



[Student Health App](#) - offers information and reassurance on all health problems particularly relevant to students from first aid emergencies, common ailments, mental health problems, physical (body) symptoms, love and sex, healthy living, travel health, alcohol and drugs, staying safe at University and how to access health services (free)

[What's Up App](#) - provides daily tools to promote positive mental health for issues such as anxiety, depression, anger, stress and more (free)



[Student minds](#) - website with general information on coping with student life

[The Mix](#) - website for under 25's with everything you need to know about mental health

[Headspace](#) - information for young people up to 25 relating to general mental health and physical health

[Every Mind Matters](#) - website with practical advice on stress, anxiety, mood and sleep including a free personalised plan showing you how you can take care of your mental health



[Headspace mental health factsheet](#) - factsheets on various mental health conditions

[Patient UK](#) - leaflets and health tools for mental health conditions



[NTW](#) - NHS self-help guides for various mental health conditions

[Living Life to the Full](#) - free online courses to help overcome stress, anxiety and low mood

[NHS choices 'Moodzone'](#) - website with information and resources on stress, anxiety & depression

[Centre for Clinical Interventions](#) - free online CBT self-help courses for generalised anxiety, health anxiety, worry, panic and social shyness.



[The Mix](#) - one to one focused support for young people under 25 by either phone, web chat or email

[HOPELINEUK](#) - specialist telephone service staffed by trained professionals who give non-judgmental support, practical advice and information to young people up to the age of 35.

*Keep safe, keep well, and keep in touch,  
Health and Wellbeing Team*

Please contact the SIZ for up to date details of the Wellbeing and Health service availability 01243 816222, or email [help@chi.ac.uk](mailto:help@chi.ac.uk)

**If you require more urgent health or mental health support please do not delay getting help:**

Making an urgent / same-day GP appointment, attending A&E at your nearest hospital, contacting NHS 111 or the NHS Sussex Mental Healthline: 0300 5000 101 (24 hours a day).