

Student Support Policy

YOUR LEARNING VOICE CIC

Where we believe, you can achieve

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Looking after a mental health difficulty at YOUR LEARNING VOICE CIC

High levels of uncertainty around politics, the economy as well as adjusting to, and managing student life, can make it more challenging to manage an existing mental health difficulty.

These tips may help you to have as good experience as possible.



KEEP AN EYE ON HOW YOU ARE DOING

Whatever the nature of your mental health difficulty, you probably know the signs of a flare up in your symptoms.

For instance, it may be important to keep an eye out for sleep worsening. Changes in appetite, or particular behaviour. You may find it helpful to keep a symptom diary or checker and to use and strategies that you may know can help you, when you notice these changes.

If you spot these changes and they do not improve after a few days, then it might be useful to speak to health professionals involved in your care. This might be your GP or mental health care team.

Otherwise, if possible, it might help to speak To family, friends or people close to you, to see if they have spotted any changes in your symptoms. You could also ask someone to help you monitor this for few days.

PRIORITISE YOUR MENTAL HEALTH & WELLBEING

It is important to make your mental health and well-being a priority. This is important at all times, but particularly during times of uncertainty or change. When we are faced with more challenges than usual.

This might mean:

- *Putting your mental health above your studies, by taking breaks when you need them.*

- *Not feeling obliged to engage socially if you need a break.*
- *Taking a break from social media and the news if it making you feel more anxious or worried.*

It could be useful to sit back and think about what supports your mental health. Write this down and make sure that you priorities these things as much as possible.

KEEP IN TOUCH WITH STUDENT SERVICES

Remember that (Your Learning VOICE CIC) will have a student support service. These teams can usually offer a range of advice and support around mental health and wellbeing and can be a valuable source of support.

You might want to consider making an initial appointment. If you've already accessed the service, you could book a review appointment.

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ACCESS NHS SUPPORT

Whether you are accessing support from your GP or a mental health care team, it is really important that you continue to attend review appointments and stay on top of any medications that you are taking. If your not able to contact your GP or mental health care team there is also an out of service number 111 and press option 2 where you can speak to a mental health practitioner.

It might be easier when you struggling to miss review appointments or run out of medication. Whilst this is understandable, it can have a big impact on your mental health, both in the short and long term.

Think about using a calendar on your phone or laptop to keep track of appointments or, if possible, ask family or friends to remind you.

USE YOUR SUPPORT NETWORK

Your support network might include a few people or might be wide-ranging. It might include family members, friends, flatmates and health professional such as GP, it could also include personal tutors, mental health mentors or advisor and other Your Learning Voice CIC staff.

Talk to them about any worries you have managing your mental health at the moment. Friend and family in particular might be able to remind you what has helped you before and support you to do those things.



DON'T FORGET ABOUT YOUR PHYSICAL HEALTH

Whilst your mental health is a priority, it is important not to forget about looking after your physical health too. The body and the mind are connected so taking care of one will help the other. Things that might be helpful to bear in mind include:

- *Getting some fresh air and sunlight when you can.*
- *Try to eat regularly. And include fruit and vegetables in your diet.*
- *Include physical activity everyday. There are lots of options you can do in your room without any equipment.*
- *Look after any physical health conditions that you have. This might include taking regular medication.*
- *Try to have regular sleep pattern. As much as possible.*
- *Keep hydrated- options include water, tea, coffee, squash and fruit juices.*

Looking after your physical health can feel challenging, so just do what you can. If you don't manage them everyday, don't be critical of yourself. Just try again the next day and use the support available to you to help you.