

Mental Health & Wellbeing

“Look after your mate (LAYM) trainer.”

LAYM: The aims to empower students to support friends experiencing mental health difficulties, whilst looking after their own wellbeing.

Itinerary

Objectives of LAYM training
What is wellbeing?
Mental Health Quiz
The Mental Health Continuum
Aston / Birmingham Support services



 mello_asu



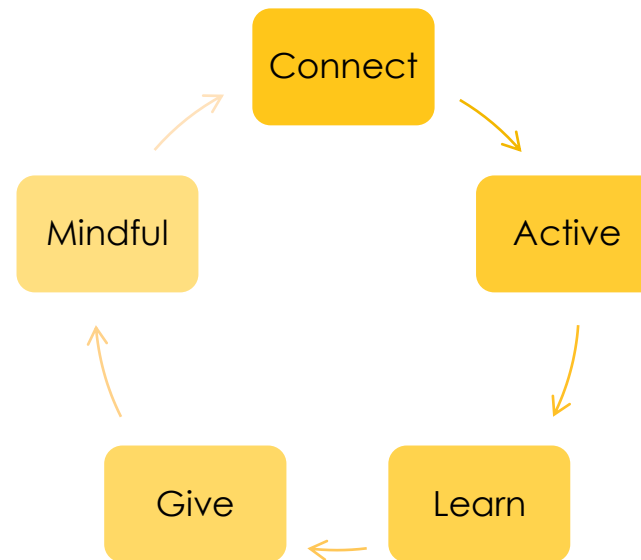
Objectives (LAYM):

- Increase knowledge and understanding of what mental health is, the difficulties faced and the support available.
- Increasing the skills and confidence required to support a friend who is experiencing difficulties.
- Increasing knowledge of your own wellbeing and how to look after yourself.

What is Wellbeing?

Wellbeing is how we're doing as individuals & as community, being healthy, happy and comfortable, both physically and mentally. It incorporates a sense of contentment and satisfaction with your life, and a positive outlook on your personal and professional experiences. Wellbeing is influenced by a range of factors, including physical health, social relationships, work life balance, and personal values. Sustaining and improving your state of wellness is important for overall health and happiness.

5 Step to improve your mental health and wellbeing -NHS



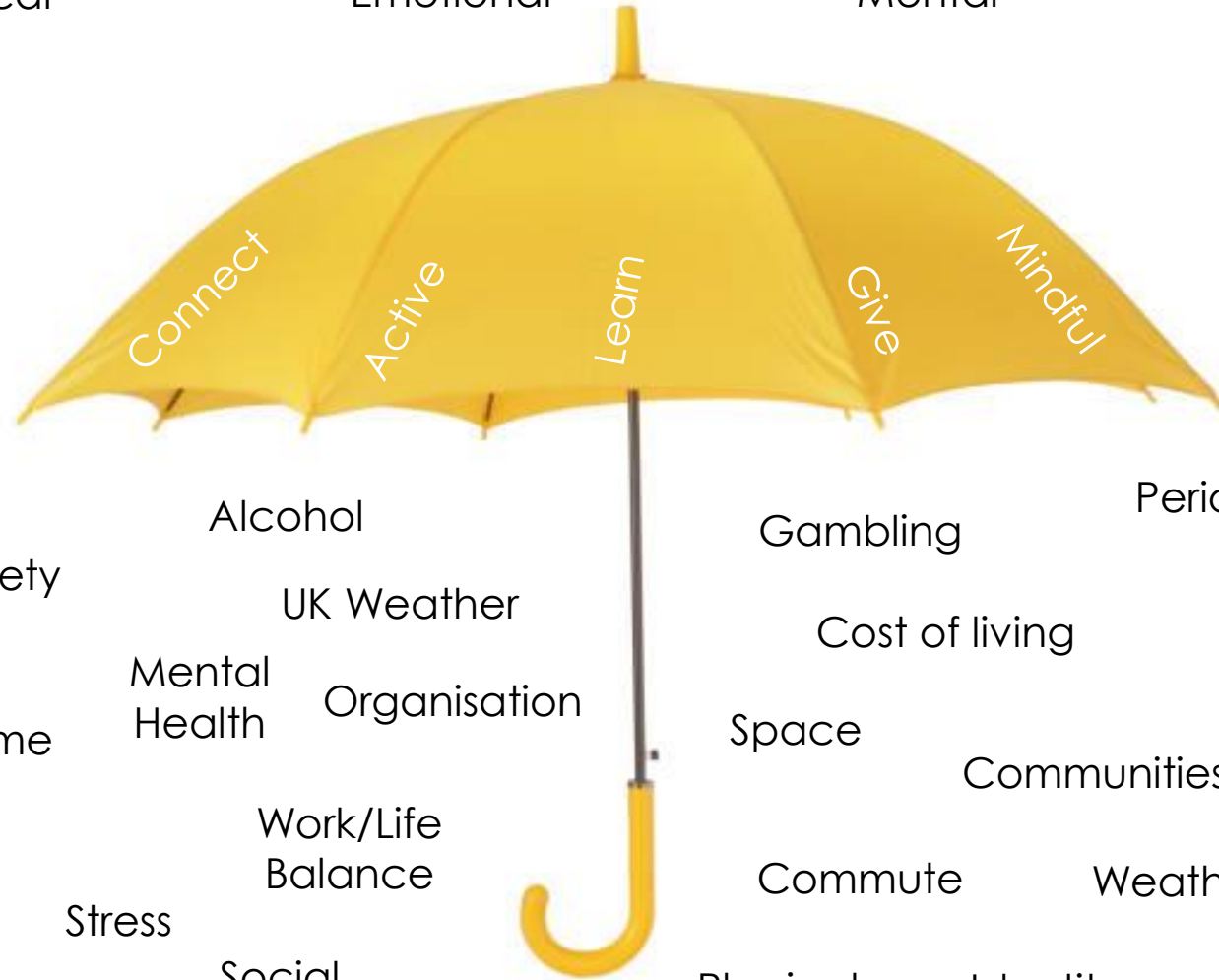
Umbrella of Wellbeing

Physical

Emotional

Mental

Social



Hydration

Beliefs

Time Management

Sense of belonging

Social Life

Living

Alcohol

Gambling

Periods

Environment

Sexual Health

Safety

UK Weather

Cost of living

Living in Birmingham

Happiness

Drug Use

Mental Health

Organisation

Space

Communities

Body Confidence

Disability

Finance

Screen Time

Work/Life Balance

Commute

Weather

Sleep

Balanced Diet

Stress

Social Media

Alcohol

Physical Health

Identity

Taking a Break

Travel

Tip/Trick/Hacks



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**Task: Turn to the person next to you
and tell them
'what is your perfect day'**

What percentage of first year university students disclosed a mental health difficulty to their university in 2020/21?

- A. 1.5%
- B. 3.5%
- C. 5.2%
- D. 10%

What percentage of first year university students disclosed a mental health difficulty to their university in 2020/21?

C. 5.2%



In a survey by the Equality challenge unit, what percentage of student respondents with experience of mental health difficulties had disclosed these to a fellow student?

- A. 10%
- B. 30%
- C. 75%
- D. 90%

In a survey by the Equality challenge unit, what percentage of student respondents with experience of mental health difficulties had disclosed these to a fellow student?

C. 75%

What percentage of students said they felt lonely 'most' or 'all of the time'? (the percentage for the general population is 5%)

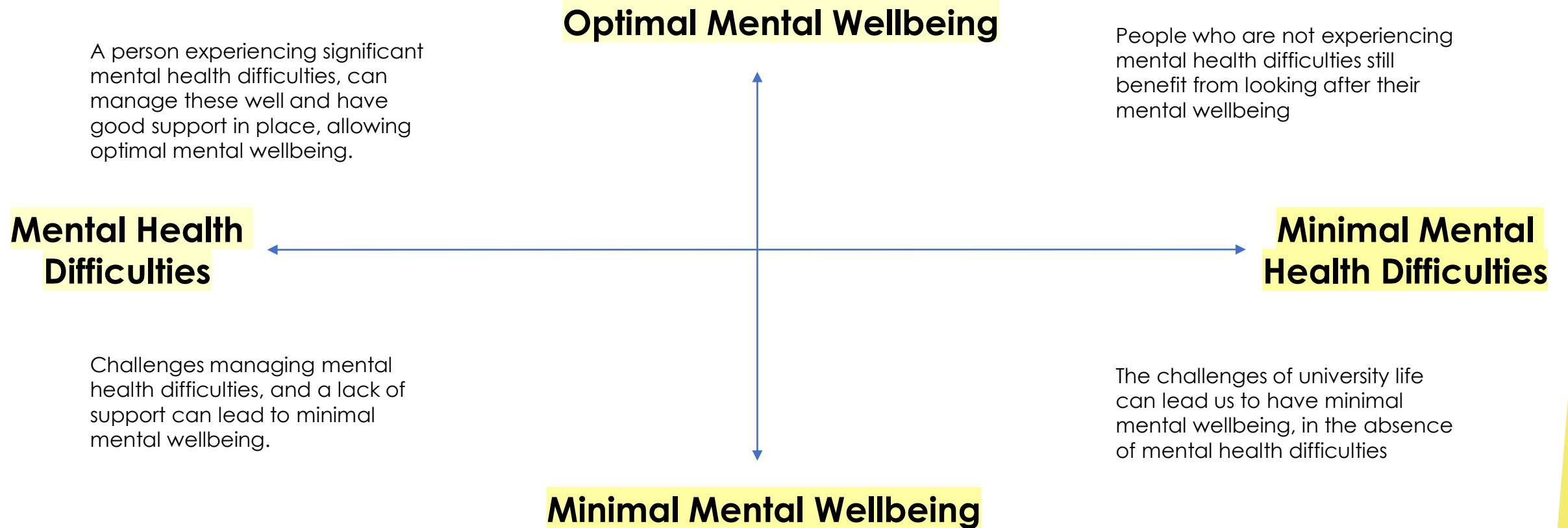
A. 10%

B. 23%

What percentage of students said they felt lonely 'most' or 'all of the time'? (the percentage for the general population is 5%)

B. 23%

The Mental Health Continuum



WELLBEING MAP

Are you concerned about your physical or mental wellbeing?

UNIVERSITY COUNSELLING AND WELLBEING SERVICE
0121 204 4007
counselling@aston.ac.uk

UNIVERSITY CHAPLAINCY TEAM
0121 204 4729
chaplaincy@aston.ac.uk

TOGETHERALL
www.togetherall.com

THE LIVING WELL CONSORTIUM
0121 663 121
livingwellconsortium.com

FORWARD THINKING
0300 300 0099
forwardthinkingbirmingham.nhs.uk

SPRING TO LIFE
07856277028
springtolife.org

NHS
111

Are you receiving all the support you need?

UMBRELLA
0121 663 1217
umbrellahealth.co.uk

BIRMINGHAM RSVP (RAPE, SEXUAL VIOLENCE)
0121 643 0301
info@rsvporg.co.uk

ASA (HATE CRIME & DISCRIMINATION REPORTING CENTRE)
advice@aston.ac.uk

THE ENABLING TEAM
0121 204 4007
enablingteam@aston.ac.uk

CAREERS + PLACEMENTS
0121 204 4757
careers@aston.ac.uk

BIRMINGHAM LGBT CENTRE
0121 643 0821
blgbt.org

Are you concerned about your academic performance?

ASTON ADVICE STUDENT (ASA)
(exceptional circumstances, appeals and complaints etc)
advice@aston.ac.uk

YOUR LIBRARY (LEARNING DEVELOPMENT CENTRE)
0121 204 3040
ldc@aston.ac.uk

YOUR PERSONAL TUTOR

VP EDUCATION
0121 204 4837
vp.education@union.aston.ac.uk

YOUR STUDENT REP
www.astonsu.com/
voice

Are you concerned about your personal safety?

CAMPUS HE POLICE LIAISON OFFICER TRACEY PICKERING
07391018859
t.pickering@west-midlands.pnn.police.uk
Twitter: @BrumUniWMP

UNIVERSITY SAFEZONE APP
www2.aston.ac.uk/about/campus-safety

EMERGENCY SERVICES
999

CAMPUS SAFETY
0121 204 4803

Are you concerned about your finances?

THE HUB
0121 204 4007
thehub@aston.ac.uk

Still unsure who to contact?

Aston Student Advice provides a professional, independent, free and confidential advice and representation service to all students at Aston University.

Further information and support can be found: astonsu.com. Your Vice President Welfare, is also available to take your calls and emails.

vp.welfare@union.aston.ac.uk 0121 204 4840

Instagram: @astonsuvpw

Are you concerned about your housing?

ASTON STUDENT HOMES
astonstudenthomes@aston.ac.uk
astonsu.com/housing

ASTON STUDENT ADVICE
advice@aston.ac.uk
astonsu.com/advice



Instagram: @mello_asu

Look After Your Mate Training

Book the LAYM training today:

In person Training: Please see SU Website

Online Training: Please see SU Website

Wellbeing Events



Free Breakfast
Cost of Living

Every
Wednesday
from Oct 4th

Cost of Living

Free Food In
Pantry TBC



PLANT SWAP

Location: **The ASU Pantry**

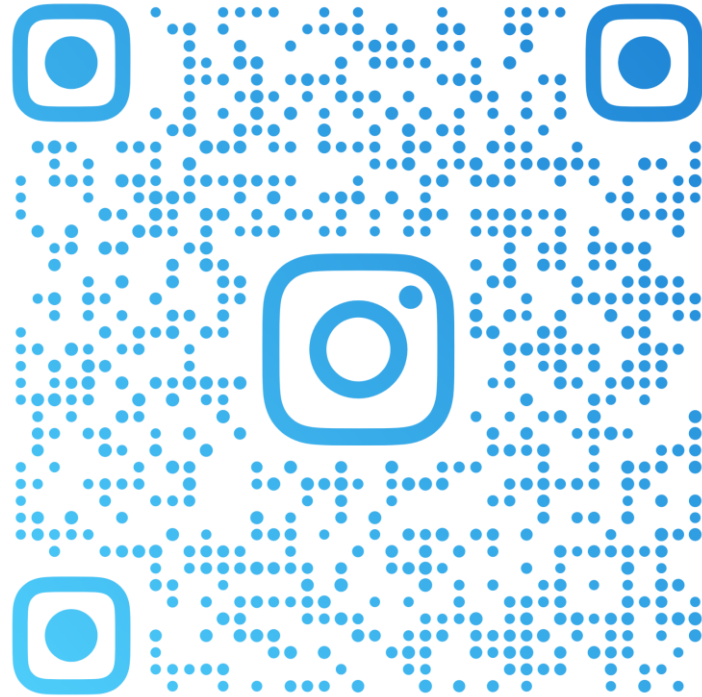
1. Bring a Labelled plant that you can not no longer home
2. Leave your plant on the window ledge with instructions on how to care for it
3. Take home a new plant in exchange, or simply donate it for others to swap
4. Tell a friend and spread the plant love

ASTON STUDENT WELLBEING @mello_asu

Sexual Health
week
13th – 17th
Nov

Alcohol
awareness &
gaming and
gambling
TBC

Wellbeing Mascot 'Mello'



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