

## WELCOME FRESHERS AND RETURNERS

The Life Lounge team would like to take this opportunity to welcome freshers and returning students for the 2023/24 academic year! We are preparing for our busiest period and looking forward to seeing the campus buzzing with activity.

The start of the new academic year is an exciting time for everyone, with new opportunities and people to meet. Watch out for the Welcome Fair and Freshers Week activities organised by the Student Union, a member of our Life Lounge Team will be there to say hello and talk about all the services we offer.

Whilst starting University is exciting, we also know it is a time of upheaval and change. Looking after your mental health and wellbeing is essential in any time of change and our team is here to support. This newsletter is packed with resources and advice in looking after your wellbeing across the year. Look out for our stalls over the month of September, and our 'Month of Hope' campaign running into October.

### Tips to Survive Freshers

- 1) Socialise:** Make the most of opportunities to connect with new people. It's important to remember that all students will face the same challenges and people will appreciate your effort to involve them. Don't forget the UMII APP is available for you to meet fellow students.
- 2) Healthy body, healthy mind:** Staying healthy works wonders for our mental health and wellbeing. Just 30 minutes of exercise, plenty of fresh food and hydration has a beneficial impact of mood and concentration. Why not link in with the University of Bolton sports clubs and see what you can try?
- 3) Prioritise Sleep:** One of the biggest contributors to stress is lack of sleep! Look out for Sleep Hygiene workshops run over the year on LEAP.
- 4) Ask for help:** It is important to take stock and ask for help when you need it. Experiencing stress, anxiety and low mood is a normal when you are going through change. You are not alone and UoB is well equipped to support students facing difficulties! If you need support, use the resources opposite or book yourself in for a chat with our Life lounge Team

### Useful Links and Resources

You can find out more about the Life Lounge, including our referral form on our webpage -

<https://www.bolton.ac.uk/student-life/student-support/life-lounge>

**Student Minds:** This charity for student mental health has plenty of resources

<https://www.studentminds.org.uk/>

**Why not try a Handy Mobile APP accessible through UoB?**

**UMII** worried about meeting new people?

UMII is a student networking app.

**Togethral** is a student centric peer support APP for mental health



umii



togethral

# 'Month of Hope'

## September 10th - October 10th

As we step into the month of September, we find ourselves immersed in a profound sense of hope and purpose. It is a time when the world unites to raise awareness about a critical issue – suicide prevention. At Life Lounge, we believe in the power of empathy, support, and community, which is why our team is gearing up for a powerful campaign in honour of World Suicide Prevention Day.

In the spirit of fostering a caring and compassionate campus environment, our Life Lounge team is excited to announce a special poster campaign for Suicide Prevention Day. This campaign seeks to spread awareness, promote open dialogue, and provide resources for those in need. We invite all of you to join us in making a meaningful impact by participating in the campaign and sharing the message of hope.

We encourage each one of you to actively engage in this month of hope and solidarity. By working together, we can make a significant difference in the lives of those around us.

Thank you for your support, and be on the lookout for the campaign that is about to light up our campus.

### **If you need advice**

If you are concerned for a fellow student, loved one or yourself. You can find some useful information and handy resources from PAPYRUS, MIND, Student Minds and the Shining a Light Campaign.

<https://www.studentminds.org.uk/>  
<https://shiningalightonsuicide.org.uk/>  
<https://www.papyrus-uk.org/>

If you would like to talk to someone in a confidential setting, you can make a self referral to have a chat with one of our Mental Health Advisors. The registration form can be found on the MyBolton app under Health and Wellbeing or through the Life Lounge webpage <https://www.bolton.ac.uk/student-life/student-support/life-lounge>

If there is an immediate risk to life, keep calm and support the person. Contact emergency services on 999 or go to A&E



On 05th October the annual HOPEWALK will be hosted in Warrington. HOPEWALK is PAPYRUS's flagship fundraising event which takes place each October. This year, PAPYRUS is celebrating it's ten year HOPEWALK anniversary! If you would like to get involved visit <https://www.papyrus-uk.org/papyrus-events/warrington-hopewalk/>

**SIGN UP TO**  
**HOPEWALK**  
**2023**

