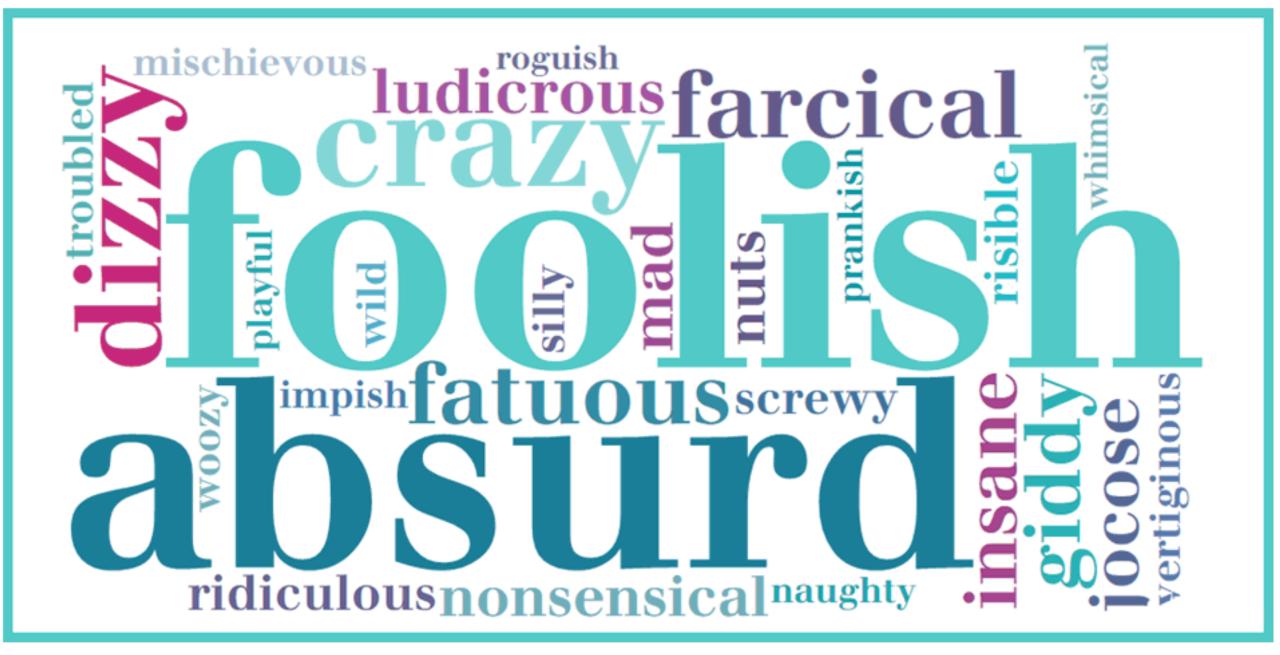
Language and Learning: Mental health in university.

Jenny

Trauma Coping Mechanisms Training Triggers One-to-one Networking Resilience Well-Being Engagement Self-Harm_{Mental} Shame Alcoholism Hope Isolated cide' ness **S**I Damaged : Embarassme



Talking <u>ABOUT</u> young people For appropriately <u>HELPING</u> young people Rarely involves talking <u>TO</u> young people



G.C.S.E's \rightarrow A Levels \rightarrow University



"Thought is the wind, knowledge the sail, and mankind the vessel.",

(Augustus Hare)

Suicide

- Worldwide, every 40 seconds, someone takes their own life.
- 3 out of 4 lives lost to suicide will be Male.
- Women are on average 3 times more likely to attempt suicide.
- Globally, suicide is becoming the second leading cause of death in young adults.

In 2011 the Royal College of Psychiatrists found that suicide rates among university students had risen **170 percent** since the 1980's.

- The recession
- Financial worries/ commitments
- Loneliness
- High Alcohol Consumption
- Underlying mental health issues
- Exam stress
- Failing exams
- Breakdown of friendships and/or relationships formed within the university

"Sorry I haven't completed my assessment, I fell out with my best friend"



Myth

If you ask someone whether or not they are feeling suicidal, they'll become suicidal.

Truth Loneliness is a Deadly disease

Fears

"What if there are no careers to go into after I graduate"

- "What If I never get out of debt"
- "What if I have to move back in with mum and dad"
- "What if my student loans don't come through and I can't pay rent" "What if I don't fit in"
- "What if all this hard work is for nothing"

Pastoral care is worthy of meticulous care and attention

NETWORKING

Getting to know local agencies and charities.

Understanding their project goals.

Utilising and sharing resources.

Effectively signposting individuals to the most suitable agencies.

Trauma Coping Mechanisms Training Triggers One-to-one Networking Well-Being Engagement Resilience Lost Self-Harm Mental Shame Lonely Alcoholism Hope Madness Isolated Damaged icide ess **F**mbarassment

