

Language and Learning:

Mental health in university.

Jenny

Trauma **Coping Mechanisms** Training

Triggers One-to-one **Networking**

Resilience **Well-Being** Peer support
Engagement

Language

Lost

Self-Harm Mental **Shame** **Lonely**

Alcoholism Hope **Isolated** Madness

Damaged **illness** **Suicide** **Stigma**

Failure **fear**
Embarrassment



BUZZ WORDS

Talking **ABOUT** young people

For appropriately **HELPING** young people

Rarely involves talking **TO** young people

troubled
dizzy
mischievous
roguish
ludicrous
farcical
crazy
playful
wild
silly
mad
nuts
prankish
risible
whimsical
foolish
fatuous
screwy
woozy
impish
absurd
ridiculous
nonsensical
naughty
insane
giddy
jocose
vertiginous

G.C.S.E's → A Levels → University



A photograph of several sailboats on a body of water during sunset. The sun is low on the horizon, creating a bright, shimmering reflection on the water's surface. The sky is a deep blue with some light clouds. The sailboats have white sails, and one in the foreground has a red number '1-1' on its sail. The overall mood is peaceful and serene.

"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.

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