



x



LIFT BHANGRA

TACKLING STUDENT MENTAL HEALTH THROUGH DANCE

LIFT Bhangra has the simple aim of highlighting the links between our physical and mental health, and spreading positivity through Bhangra. We've teamed up with Freedom of Mind LSE to ask some of the big questions around mental health.

L

What's mental health?

Mental health isn't just about mental illness. Everybody has a mental health, and it includes our emotional, psychological, and social wellbeing. It's just as much about feeling fulfilled and happy as it is about depression, anxiety, or other conditions.



L

Cool. What's that got to do with Bhangra?

Our mind and our body are heavily related, and many studies highlight the link between our physical and mental health. For example, exercising just for 10 minutes is shown to increase our mental alertness, energy and positive mood.



L

So what do I do if my mental health is suffering?

That's a big question! Check out the other side of this leaflet for information on the resources that are available in Manchester and nationally.



MENTAL HEALTH RESOURCES

AT UoM, MMU and Salford

At UoM, the UoM Mental Health and Wellbeing team not only provide free counselling sessions, but also workshops to help with common issues such as settling into university and anxiety management. These are often held in UoM's dedicated 'Wellbeing rooms'.

MMU also offer a wide variety of resources to help students cope with their state of mind. This includes counselling, workshops and mentoring; they also have Wellbeing Advisors dedicated to each faculty to provide one to one meetings about any concerns. For those who are worried about the mental health of a friend or loved one, they also offer a service called Ten to the Hour.

Salford University provides a dedicated service to all aspects of student support called AskUs. Here they provide wellbeing and counselling services.

Manchester Bhangra Society are also a provider of **LIFT Bhangra** classes, which are dance classes designed to boost your mood, so be sure to check out their Instagram page for more information!

IN MANCHESTER

Manchester is known to be the city of worker bees, and here the support systems for mental health really reflect this. Nightline is a popular service, which operates through calls and texts, where students can anonymously talk to someone without fear of judgement... the best part is it is run by other understanding students! The NHS Greater Manchester Mental Health Foundation provides wellbeing, psychological and recovery pathways.

NATIONAL RESOURCES

If you're ever worried about your safety, or that of someone you know, you can phone 999, or visit your local Emergency Department. They will take your worries as seriously as any urgent physical health condition.

Alternatively, Samaritans have a 24-hour phone line at 116 123. Calling them is free, and all support is confidential other than in very serious cases.

If you need less urgent advice, you can visit:


Student Minds: <https://bit.ly/2yaRjuN>

Mental Health Foundation: <https://bit.ly/1maSe5l>



x



 @manchesterbhanga

SOC

 @liftbhanga