

# LIFT BHANGRA

## TACKLING STUDENT MENTAL HEALTH THROUGH DANCE



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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.

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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.



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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.



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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 at Aston, in Birmingham and nationally.



# MENTAL HEALTH RESOURCES

## AT ASTON

**Aston University Counselling and Mental Wellbeing service**, who you can easily contact by emailing [counselling@aston.ac.uk](mailto:counselling@aston.ac.uk), has counsellors and psychotherapy practitioners who are able to support students through a wide variety of issues, from anxiety, academic stress, low mood and depression. They can be found in room G21 in the Upper Ground Floor of the Main Building.

You can also find support from **Aston Student Minds Society** is a student run society aimed at raising awareness of student mental health throughout Aston University.

**Aston Bhangra Society** are proud supporters of **LIFT Bhangra** - a social action project that aims to tackle mental health through dance - so get in touch with your LIFT Bhangra Ambassador in Aston Bhangra Society for more information on how activities like Bhangra can help boost your mood.

## IN BIRMINGHAM

If you, a friend or relative are experiencing mental health problems, you should contact your **General Practitioner (GP)** in the first instance. Alternatively, visit or contact **Halcyon Medical Centre**, Boots, 67, High St, Birmingham Tel: 0845 072 4632

## NATIONAL RESOURCES

If you're ever worried about your safety, or that of someone you know, you can **phone 999** or **NHS 111**, or visit your local Emergency Department.

Whatever you're going through, a Samaritan will always be there to listen so please reach out on the **Samaritans free 24-hour phone line at 116 123**. If you are in a crisis, you can also **text Shout to 85258** to access a free 24/7 text service.

If you are having thoughts of suicide or are concerned for a young person who might be you can contact **HOPELINEUK** for confidential support and practical advice. Call: 0800 068 4141 or Text: 07786209697. You can also call **SANELINE** on 0300 304 7000 from 6pm to 11pm every day for specialist emotional support and guidance to anyone affected by mental illness, including family, friends and carers.

For less urgent advice, visit:

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

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