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**FREEDOM
OF MIND**

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 dance. LSESU Bhangra Society 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 LSE, in London, and nationally.





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MENTAL HEALTH RESOURCES

AT LSE

LSE has a range of mental health facilities for its students and staff. The **LSE Student Wellbeing Service** offer short free counselling courses, as well as inclusion plans and Mental Health advisers for those with long-standing conditions. You can also talk to your academic mentor, or check out this website (<https://bit.ly/2C4fSbY>) for guides on dealing with stress and anxiety, among other things.

LSESU Bhangra Society hold LIFT Bhangra classes which are dance classes designed to boost your mood, so be sure to check out their Instagram page for more information!

Freedom of Mind LSE also host a series of events exploring personal and political aspects of mental health, including its flagship Freedom of Mind Festival.

IN LONDON

Outside of university, there are many resources to help with your emotional wellbeing. If you are experiencing ongoing difficulties, you can contact your GP. Many London boroughs also have their own crisis teams for those with more serious and/or urgent conditions.

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>

