

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 on campus, in Leicester and nationally.



MENTAL HEALTH RESOURCES

ON CAMPUS

University of Leicester offers **counselling, coaching and wellbeing services**. Appointments can be made by either completing an online form via the university website under health help, or by visiting the student services centre in the Charles Wilson Building. Furthermore there are **drop-in appointments** with mental wellbeing practitioners that can be made at the check-in desk from Monday to Wednesdays 11am-3pm on the Mezzanine floor in the Charles Wilson Building. Alternatively, you can email: advice@le.ac.uk

You can also attend **stress management workshops** that are carried out throughout the year by emailing: wellbeing@le.ac.uk.

Feel free to check out the **MHAS society**- a student run society who aim to raise awareness and create a better understanding of mental health. They carry out regular sessions discussing stress relief, research into mental health as well as much more.

At De Montfort University, there is a **mental health inclusion team**, whom you can book an SPA (Single Point of Access) appointment with via MyGateway.

Let's Talk are also a service available on campus every Tuesday and can provide further advice and guidance in relation to mental health and wellbeing. Call 01509561100 for further information.

IN LEICESTER

Leicester Bhangra Society are proud supporters of **LIFT Bhangra**, so get in touch with your LIFT Bhangra Ambassador to find out how Bhangra can "LIFT" your mood! You should talk to your GP if you're experiencing mental health difficulties. The university based doctor can be found at **Victoria Park Health Centre**, where you can book an appointment to speak to a GP.

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.