

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 Imperial and nationally.



MENTAL HEALTH RESOURCES

ON CAMPUS

Aston Webb Student Support - Wellbeing check-ins can be booked online. Wellbeing check-ins are four 30 minute individual slots that run over a two hour session.

These can be booked online on the university's website. You can also visit Student Support in Aston Webb who can recommend useful sources for support and register you in for a check-in with a counsellor.

UoB Mental Health and Well-Being Society (MHAWBS) - MHAWBS can be contacted via email if you ever need support or a community to talk to (mhawbs@guild.bham.ac.uk).

UoB's LIFT Bhangra ambassadors – UoB is a proud supporter of LIFT Bhangra. Feel free to dm us (@uobbhangra) or email us (Bhangra@guild.ac.uk) if you ever need a helping hand.

IN BIRMINGHAM

Birmingham Healthy Minds is a psychological therapy service providing therapy for those in need. They can be reached via phone (0121 301 2525) and also via text (text 'BHM' to 60777)

Birmingham Mind is an independent charity providing mental health education and support. They can be reached via phone (121 262 3555). Birmingham Mind now operates two Crisis Cafes in the city. The service is open to anyone experiencing a mental health crisis and is open on a Wednesday, Thursday, Friday, Saturday & Sunday across both sites, in the evening between 6pm – 11pm each week.

Stayingsafe.net – a useful, kind and compassionate online tool for anyone feeling suicidal. Stayingsafe also provides resources for those wanting to support those around them.

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.