

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.

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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 Warwick and nationally.



MENTAL HEALTH RESOURCES

AT WARWICK UNIVERSITY

Warwick University Wellbeing Support Services provide a range of services that can help you to develop the personal resources and skills you need to navigate the challenges and opportunities of student life. Whatever you are dealing with, they will always be there to listen and support, so feel free to pop by on the Ground Floor of Senate House or call 02476575570.

Warwick Mind Aware Society campaigns to help raise awareness for mental health issues and reduce the stigma surrounding them. They also hold weekly (voluntary!) meetings where they discuss different mental health related issues, so check out their instagram page to find out more (@warwick_mind_aware)

Warwick Bhangra Society are also proud supporters of **LIFT Bhangra** - a social action project that aims to tackle student mental health through dance - so DM their Instagram page to find out more about their LIFT Bhangra classes! (@warwickbhanga)

IN WARWICKSHIRE

You can also visit the following websites for more information on mental health and how to access mental health services in Warwickshire:

<https://www.warwickshire.gov.uk/mentalhealth>

<https://www.swft.nhs.uk/looking-after-me/mental-health-and-wellbeing>

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>