

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 at UCL, in London, and nationally.



MENTAL HEALTH RESOURCES

AT UCL

UCL Bhangra Society will be holding Bhangra classes that are great for improving your mood, so be sure to follow their Instagram page for more information on their Bhangra classes. **UCL Mental Health Society** directly offers a safe space for UCL students to open up about any issues they're dealing with and get support from their peers. They also offer training to their members so they know how to approach others with mental health issues. **UCL Union (UCLU)** also has a Mental Health page setup to provide support from charities such as Student Minds, Samaritans and several others. (<http://studentsunionucl.org/help-and-advice/personal-health-and-wellbeing/mental-health>)

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. Feel free to visit Brandon Centre on 26 Prince of Wales Road, NW5 3LG (Tel: 0207 267 4792) for 12-24 year olds living in Camden/Islington.

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>



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