

LIFT BHANGRA

TACKLING STUDENT MENTAL HEALTH THROUGH DANCE



X



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.

L

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.



L

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.



L

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 your uni, in Newcastle and nationally.





MENTAL HEALTH RESOURCES

AT NORTHUMBRIA AND NEWCASTLE UNIVERSITY

Feel free to visit **NSU welfare** in the Students Union - you can drop in anytime in the week to have a conversation with them about your well being. **Northumbria University Mental Health Awareness Charity** also act as a support network while encouraging conversations about mental health. They host 'Mental Health Mondays' where you can reach out to committee members, as well as workshops, awareness events and a range of socials to help improve your well being. (for more info, email: su.mhasoc@northumbria.ac.uk)

In addition to this, **North East Bhangra** (based at Northumbria University) are proud providers of **LIFT Bhangra**, so get in touch with both the President and Vice President of the Bhangra committee to find out more about the project.

IN NEWCASTLE UPON TYNE

In the North East of England we have this amazing organisation called '**Tyneside Mind**' whether you are experiencing mental health problems or going through a difficult time in your life, this charity can help. Their aim is to help you live the best life you can, whatever challenges you face. They do this by offering informal one to one support, groups and counselling. There are many workshops available to attend as well as fundraising events throughout the year.

North East Bhangra hopes to work closely with Tyneside Mind in combating issues related to mental health specifically in the Panjabi community. You can access more information via their website <https://www.tynesidemind.org.uk/>

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.

If for less urgent advice, visit:

Student Minds: <https://bit.ly/2yaRjuN>

Mental Health Foundation: <https://bit.ly/1maSe5l>