

Hi all! While it's true that uni life (and the transition into and out of it) can be a very stressful and pressuring experience this doesn't mean you (or your mental health) should suffer for it. Below are brief descriptions of various resources which can help guide you if you're struggling.

All of these resources are freely available and generally available for you to complete in your own time.

#### Self Help Guides

<https://www.moodjuice.scot.nhs.uk/professional/pdfGuides.asp>

Moodjuice contains step-by-step guides which can help you manage symptoms (e.g. of anxiety, stress, bereavement etc.) and are based on CBT (cognitive-behavioural therapy), which, unfortunately, often has long waiting times on the NHS. The advice can seem basic and overt at times but they may contain ideas you haven't tried yet!

#### Information, Self-Help, Community Resources

<https://edspace.org.uk/>

Edspace is a Edinburgh-specific website which contains...

- Factsheets about common mental health conditions
- Self-help guides to improve mental health and wellbeing
- Phone numbers and freephones to various mental health hotlines (both emergency and non-emergency). There are lots of specific and non-specific hotlines here to help
- Information about community group meetings and services for a variety of reasons. Availability ranges from mindfulness sessions to AA meetings. Please note not all of these are explicitly support groups! There are a load of different sessions here which are intended to purely be social 😊

<https://edspace.org.uk/need-help-now/> This is a direct link to the phonelines should you need them urgently.

**YOU'VE ALREADY PAID FOR THIS AS A UNIVERSITY OF EDINBURGH STUDENT** (apologies I am unsure if other Edinburgh Universities pay for this for their students as well).

#### [Big White Wall](#)

Big White Wall promotes self-directed improvements in mental wellbeing, as monitored by qualified and certified counsellors and CBT therapists. They use online means to provide peer support, CBT and counselling sessions (with real people! And no wait times :D) and information to you. This could be (but is in no way exclusively) a way to long NHS wait times – though please speak to a medical professional about this if you've already been referred/are being referred for CBT/counselling.

#### [SilverCloud](#)

SilverCloud is a free resource which gives immediate online access to CBT and programmes to give you "Space from Depression, Anxiety and Stress" as well as "Space for Positive Body Image". These programmes are entirely online and available to complete at your own pace.

#### [Headspace – Free with all Spotify Student Memberships now!](#)

I'm sure many of you have heard of headspace. In case you haven't, headspace is an app containing guided meditations and mindfulness centred around a variety of series and

topics (e.g. series such as relationships, health etc. and packs around creativity, focus, happiness etc.). Headspace is not completely free but is now free with a (paid for) Spotify Student membership – I'm sure more of you have access than you think!

<https://services.nhslothian.scot/MentalHealthAssessmentService/Pages/default.aspx>

This link leads you to an e-assessment service for emergency mental health assessments which is run by nurses operating out of the Royal Edinburgh Hospital. After assessment they will then advise you to the appropriate service or care for you.

Also... **look at the back of your student cards!** The student counselling, Nightline and security email addresses and numbers are on there! The security officers are trained to deal with welfare crises too!

You are never far from help – use it!