



WELLCOMM'S GUIDE TO:

COMING TO UNI

WITH A PRE-EXISTING MENTAL HEALTH CONDITION.

FIRST THINGS FIRST

- ★ Everyone's scared
- ★ It's normal not to party 24/7
- ★ You don't need to drink to have an amazing time
- ★ It's okay to have rough days, and they will pass
- ★ Having a mental health condition isn't something to be ashamed of
- ★ Friends come with time AND change throughout University

PREPARATION

- ★ If appropriate, bring a letter from your GP/provider of care
- ★ Know what medication you take & bring a couple of weeks' worth if you can
- ★ If eligible, consider applying for a Disabled Student's allowance - helpful if you need professional support
- ★ If your wellbeing relies upon a routine/schedule try to see how that can work at University - equally it's okay to be less rigid
- ★ Pack things to create a friendly new environment & look for alternatives to things you can't bring
- ★ You might want to get to know resources for self-care eg. societies, talking groups

ONCE YOU'RE HERE

- ★ It's important to sign up to a GP, even if you're well at the moment
- ★ If you're prescribed medication, take it
- ★ Find your nearest - shop, pharmacy, post office, green space library/study space
- ★ Get to know your flatmates/neighbours
- ★ You'll be busy! Try to **schedule** in important things like talking to someone close
- ★ Try to say **yes** to new/scary things but you can also say **no** to biting off more than you can chew
- ★ You might want to do a huge shop and make your life easy - ready meals, frozen veg, face wipes, multivitamins, desk tidy, sanitary products
- ★ Visit the advice place & student disability service - it'll be easier to contact them again
- ★ Find people who 'get you' - join societies, get involved in your hobbies

SIMPLE SELF CARE

- ★ Eat enough & drink enough water - alcohol isn't a replacement for either
- ★ Catch up on sleep
- ★ Ring someone you're close to
- ★ Get fresh air
- ★ Stay active - join a gym/sports club/take a walk

IF THINGS ARE URGENT

- ★ Tell someone - you'll be surprised at how supportive people can be
- ★ Ring someone - Samaritans: 116 123, Nightline: 0131 5574444, Breathing Space: 0800 838587, Crisis centre: 0808 801 0414, someone close to you
- ★ Go to your GP

Check out our other leaflets on talking to your GP about mental health and self-care for more help!

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