

Transition to Higher Education A Resource for Students

Starting university can be an exciting period of life with lots of fantastic opportunities ahead, but it can also come with some challenges. Feeling nervous or apprehensive during the first few weeks at university is very common and it may take some time to settle in. During this time, make sure you are looking after yourself and seeking support when needed.

Preparing for university



Below are helpful resources from 'Student Minds' and 'Studential':

- <https://www.studentminds.org.uk/knowbeforeyougo.html>

Know Before You Go is an e-resource that is intended for Year 12-13 students, and the educators who support you, as you transition from school/college to university.

This life skills resource helps you to anticipate, identify and navigate situations you will encounter when entering higher education. It contains information on many topics including paying bills, study skills, housemate issues, identity questions and embedded throughout is how to maintain good mental health and seek help as needed.

- <https://www.studentminds.org.uk/transitionintouniversity.html>

This resource is here to help you be successful on campus, focusing on time management, relationships, identity, finances, sexual activity, mental illness, suicide and addictions and more. It also includes tips and strategies for helping students through challenging times and recommendations of where to go to get additional help, if needed.

- <https://www.studentminds.org.uk/supportforafriend.html>

This guide gives advice on how to support a friend who may be struggling.

- <https://www.studential.com/university/freshers-week-guide-2020>

Guides on what to pack for university, cooking, freshers' week, budgeting, council tax and more.

Support at university

Universities have a range of different services to support student wellbeing. Visit the university's website to find out what specific support is available, this might include counselling, student advice services, support networks as well as other resources. Many Universities have active Student Unions which may also offer support to students.

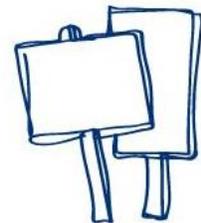
➤ Nightline

<https://www.nightline.ac.uk/about-nightlines/> - A student listening service which is open at night and run by students for students. Every night of term, trained student volunteers answer calls, emails, instant messages, texts and talk in person to their fellow university students about anything that's troubling them. As the Nightline volunteers are fellow students, they can directly empathise with their callers' problems.



Support in the local community

- GP: you will be able to find contact details of your local GP surgery on their website.
- Local Mind: <https://www.mind.org.uk/>
- Victims Support: <https://www.victimsupport.org.uk/>
- Citizens Advice: <https://www.citizensadvice.org.uk/>
- Talking Therapies (IAPT) services



Useful wellbeing resources for young people

➤ Mood Zone

<https://www.nhs.uk/conditions/stress-anxiety-depression/> - Mood Zone. It offers practical advice, interactive tools, videos and audio guides to help you feel mentally and emotionally better. Mood self-assessment.

➤ Northumberland NHS

<https://web.ntw.nhs.uk/selfhelp/> - This website has free to download self-help leaflets, including resources on anxiety, depression, anger, and self-harm.

➤ Get Connected – The Mix

<https://hatw.co.uk/helpline/get-connected/> - The Mix is a support service for under 25s, available 365 days a year. They're there to help you take on any challenge you're facing – from mental health to money, from homelessness to finding a job, from break-ups to drugs.



➤ **Kooth**

<https://www.kooth.com/> - Free, safe and anonymous online support for young people.
Monday–Friday, 12pm 10pm.

➤ **Shout**

85258 - A crisis text service. Anxious? Worried? Stressed? Get 24/7 help from our team of Crisis Volunteers.

➤ **Samaritans**

116 123 - Whatever you're going through, you can call us any time, from any phone for free.

jo@samaritans.org - Sometimes writing down your thoughts and feelings can help you understand them better. Email response within 24 hours.