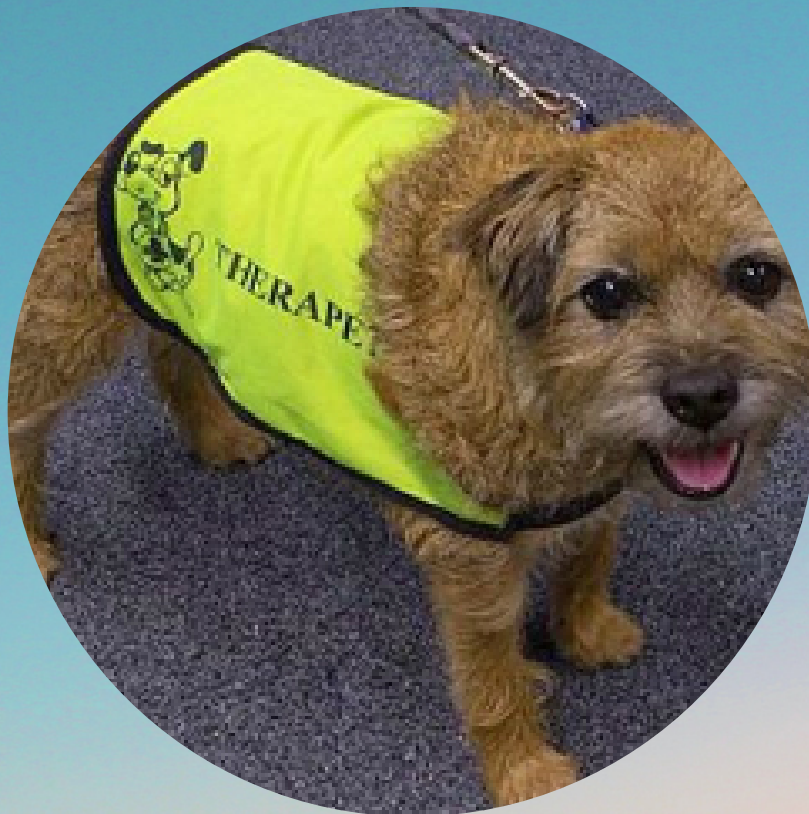


## Stress Awareness Month

Firstly, we're excited to announce our Therapet Event happening on Tuesday, April 23rd, from 12:00 pm to 2:00 pm in the Brahan Lecture Theatre. Take a break from your studies and join us for some furry companionship as therapy dogs visit our campus. Spending time with these wonderful animals has been shown to reduce stress and promote relaxation, providing a much-needed respite during busy times.



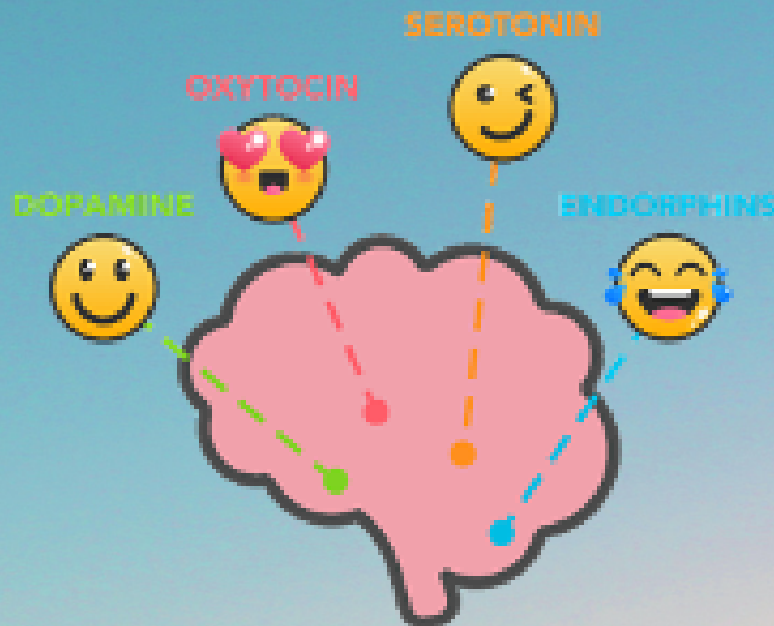
**Therapets event**

**23/04/24 12-2pm Brahan Lecture theatre**

Are you getting your daily DOSE of happy brain chemicals?

## Meet your happy chemicals!

The feeling of happiness is influenced by various brain chemicals, also known as neurotransmitters and hormones. Some of the key brain chemicals that play a role in regulating mood and contributing to feelings of happiness are noted below.



### DOPAMINE

Enables motivation, learning and pleasure

### OXYTOCIN

Feeling of trust, motivates you to build & sustain relationships

### SEROTONIN

Experience of social power or confidence in accepting yourself

### ENDORPHIN

A brief euphoria to mask physical pain

## Did you know?...

Feelings evolved to motivate survival behaviour, not to make you happy all the time. Low mood, anger, shame, anxiety, guilt, grief - these are all helpful responses to help us meet the challenges of our specific environments. Having sensitive protective functions that sound alarms or short-circuit when we're threatened isn't a design flaw. It's a design success.



**Good feelings motivate steps that meet survival needs. Bad feelings motivate retreat from survival threats**

Happiness is an emotional state, and it can be influenced by a combination of psychological, biological, and environmental factors.

The interplay of these chemicals and their levels varies amongst individuals and can be influenced by lifestyle choices, genetics, and other contributing factors. Having a balanced lifestyle and engaging in activities and social connections can have a real influence on your brain chemicals and can promote feelings of overall happiness.



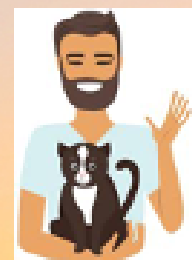
Below we have listed some ways you can look to promote your happy chemicals. Why not give some a go?

## Dopamine – The Reward Chemical

- Try something new.
- Listen to music.
- Make a list of tasks and complete them.
  - Self-care activities.
  - Celebrating little wins.

## Oxytocin – The Love Hormone

- Show affection.
- Do something nice for someone/Random acts of kindness.
  - Spend time with friends.
  - Spend time with animals.
  - Give someone a compliment.



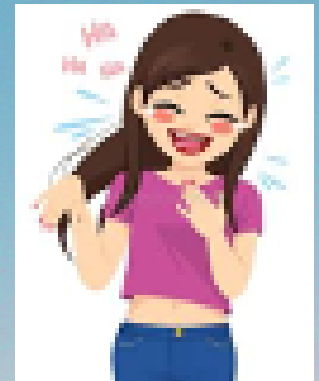


## Serotonin – The Mood Stabilizer

- Exercise/Walking in nature.
- Light sun exposure.
- Meditate.
- Eat a healthy diet.
- Journalling your thoughts.

## Endorphin – The Pain Killer

- Regular exercise.
- Create art or music.
- Laughter.
- Eating a good meal.
- Watch a comedy.



**The act of laughing releases some nice chemicals into your brain, you feel good and it's free".**

**- James Patterson**

April 2024

## Stress Awareness Month

As we dive deeper into the semester, it's important to take a moment to reflect on our well-being. April marks Stress Awareness Month, a time dedicated to recognizing the impact of stress on our lives and, more importantly, finding ways to manage it effectively

We understand that academic responsibilities, personal challenges, and the demands of everyday life can sometimes feel overwhelming. That's why we're reaching out to remind you of the importance of self-care and to highlight two upcoming events aimed at supporting your well-being.

Student Services would like to recommend students check out the free online resource – Spectrum Life. Within Spectrum Life you will be able to find a huge variety of wellbeing resources including topics such as understanding & dealing with stress. To find out more about Spectrum Life and to access this resource please click the following [link](#).

Remember, your well-being is a top priority, and we encourage you to prioritise self-care during Stress Awareness Month and beyond. Don't hesitate to reach out to our support services if you need additional assistance or resources. You can find out more about Student Services by visiting our

[webpages](#).

## Stress Awareness Month

**Additionally, Student Services have invited Mindspace to UHI Perth on Wednesday, April 24th, from 10:30 am to 12:30 pm to deliver Stress Awareness Workshop (Stress Less Workshop with Mindspace) specifically designed for students on.**

**This workshop will offer valuable insights into understanding stress, identifying its triggers, and learning effective coping strategies. Whether you're feeling overwhelmed or simply want to enhance your stress management skills, this workshop is open to all and promises to be highly beneficial.**

**There are a limited number of spaces available on this course so if you are interested in attending please request your space by emailing**

**[wellbeingandsupport.perth@uhi.ac.uk](mailto:wellbeingandsupport.perth@uhi.ac.uk).**



## Did you know?

With students continuing to struggle due to rising costs, there is a wide range of information, support, resources, and guidance available on the UHI [dedicated webpages](#).

This includes Digital Support, with students able to access equipment locally on a loan basis, Money Matters, which covers everything from successful budgeting to support from external organisations, and Scholarships & Bursaries, which list current internal and external schemes.

There is also a list of the Foodbanks in all the areas where UHI have campuses and learning centres.







MINDSPACE

### 1:1 Peer Support Sessions at UHI Perth

Free side-by-side support for UHI Perth students over the age of 16 years living with or experiencing mental health challenges

For more information or to book your Peer support sessions contact [wellbeingandsupport.perth@uhi.ac.uk](mailto:wellbeingandsupport.perth@uhi.ac.uk)

**UHI | PERTH**

**We believe that anyone can live a meaningful life!**

**What does Mindspace Peer Support offer?**


- Manage emotional and psychological challenges
- Explore connections within the community
- Improve health and wellbeing
- Access financial advice and support
- Access childcare advice

Proudly Supported By



**UHI | PERTH**


## NEURODIVERSE GROUP




This group aims to celebrate our differences and offers students a space to chill out, eat lunch, enjoy activities, socialise (or not), and be accepted for who we are and our many strengths.

**When**  
Wednesdays (12-2pm)

**Where**  
Wednesdays - Room 319 (Braham)



Alex Weir



Nicola Menzies

For more information email [wellbeingandsupport.perth@uhi.ac.uk](mailto:wellbeingandsupport.perth@uhi.ac.uk)

## THE MAN CAVE

For Students

This is a support network where students can meet up, chat with friends, have fun and support each other

\* The group will meet every second week at 3 pm in room O18 (Braham building)

**REFRESHMENTS AVAILABLE**

**Next sessions**

Wed 27/03/24	Wed 08/05/24
Wed 24/04/24	Wed 22/05/24

For more information about this group or to declare your interest in attending please email - [alexander.weir.perth@uhi.ac.uk](mailto:alexander.weir.perth@uhi.ac.uk)

**UHI | PERTH**

VoiceAbility

## Support to access benefits if you are disabled

If you identify as disabled and want support to access benefits from Social Security Scotland, we're here to make sure you're heard

Freephone: **0300 303 1660**

Website: [voiceability.org](http://voiceability.org)

Email: [helpline@voiceability.org](mailto:helpline@voiceability.org)

Sessions in Interview room 2 – Brahan building  
Wednesday from 9am-12pm starting on the 21/02/24  
running every week

Jacqueline Mason  
Advocate

Mob : 07918560891

email : [jacqueline.mason@voiceability.org](mailto:jacqueline.mason@voiceability.org)

Company number 375884  
Charity number (Scotland) SC28036



# DROP IN

**EVERY TUESDAY**  
**@ STUDENT SUPPORT HUB,**  
**BRAHAN BUILDING, UHI PERTH**  
**12NOON – 2PM**

No appointment required  
Find out what we do - Meet a support Worker  
Get added to our Support Waiting List, if you decide support is for you  
We Listen, Believe, Support

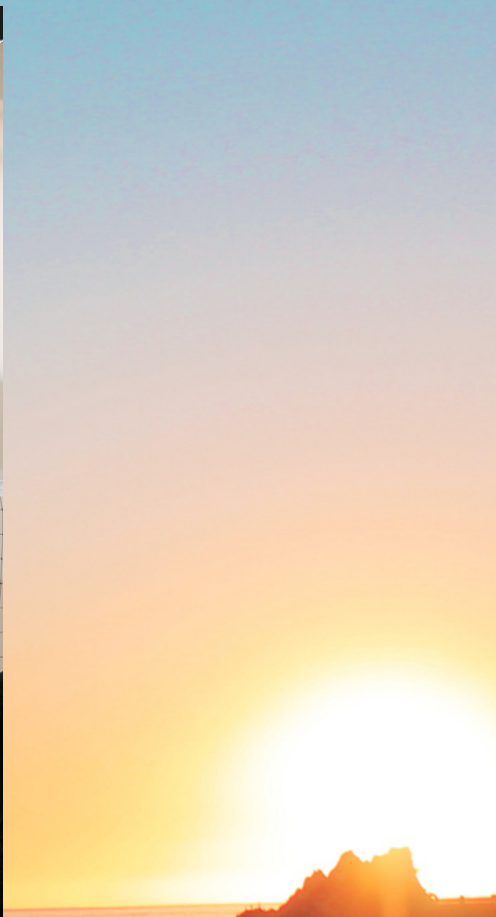


[www.rasacpk.org.uk](http://www.rasacpk.org.uk)  
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## WHAT'S ON?

<b>MON</b>	BADMINTON
	1200-1300 @ ASW
	BASKETBALL
	1300-1400 @ ASW
<b>TUES</b>	KALI MARTIAL ARTS
	1300-1400 @ ASW
	BASKETBALL
	2030-2200 @ ASW
<b>WED</b>	NETBALL
	1200-1300 @ ASW
	VOLLEYBALL
	1500-1700 @ ASW
	FOOTBALL
	1500-1700 @ ASW
<b>THUR</b>	CLIMBING
	1500-1700 @ ASW
	BOCCIA
	1015-1045 @ ASW
<b>FRI</b>	PICKLEBALL
	1200-1400 @ ASW
	RUGBY
	1500-1700 @ ASW
<b>FRI</b>	FREE SPORT FRIDAY
	1000-1400 @ ASW

@UHIPERTHSPORT



## Additional Support Service additional.support.perth@uhi.ac.uk



**Gerald McLaughlin**  
Student Services Manager  
Gerald.McLaughlin.perth@uhi.ac.uk  
07812 669 209



**Craig Lindsay**  
Additional Support Officer  
Craig.Lindsay.perth@uhi.ac.uk  
01738 877 616



**Claire Nelson**  
Student Counsellor  
Claire.Nelson.perth@uhi.ac.uk  
07920 703 894



**Nicola Menzies**  
Wellbeing and Support Officer  
nicola.menzies.perth@uhi.ac.uk



**Sam Monie**  
Student Engagement Coordinator  
Sam.Monie.perth@uhi.ac.uk  
01738 877 380



**Alexander Weir**  
Mental Health Coordinator  
Alexander.Weir.perth@uhi.ac.uk  
07967 170 090



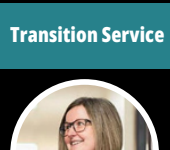
**Becky Angus**  
Additional Support Officer  
Becky.Angus.perth@uhi.ac.uk  
01738 877 382



**Annie Garrigan**  
Student Counsellor  
Annie.Garrigan.perth@uhi.ac.uk  
07385 433 513



**Nic Henderson**  
Wellbeing and Support Officer  
Nicola.Henderson.perth@uhi.ac.uk  
07920 703 902



**Ashley King**  
Transitions Officer  
ashley.king.perth@uhi.ac.uk  
01738877233  
07552211639



**Apryll Cunningham**  
Student Support Worker  
Apryll.Cunningham.perth@uhi.ac.uk  
07385 029 889

## Student Engagement Service

## Transition Service

# Student Services

## *Did you know?*

Did you know there are a variety of free condoms available to collect from the Student Support Hub in the Brahan Building? We know asking for such things can be... well, embarrassing... however, these are here for you to collect as and when you like without having to ask. We have paper purple bags to the side you can use to store them, along with information leaflets on how to use a condom, pregnancy, STI's and other forms of contraception.



**Did you know?** Student Services can provide Foodbank vouchers? As we are coming through the COVID-19 pandemic and the cost-of-living crisis is affecting us all, we know times are tough. Along with the fantastic 'Big Project' where you can collect food items, clothes, and toiletries, we can also provide these vouchers to you should you require them.

For more information, please feel free to contact us at [wellbeingandsupport.perth@uhi.ac.uk](mailto:wellbeingandsupport.perth@uhi.ac.uk)

• **'Tea N Biscuits'** youth group for trans, including non-binary, young people aged 13-25 in Tayside. It is an online group in Dundee and Perth every Monday from 6-8pm which you can sign up for or find out more here: [Tea n Biscuits | LGBT Youth Scotland](#) | [LGBT Youth Scotland](#)

• **'GLOW'** is a youth group for 13-25-year-olds, which runs every Tuesday from 6-8pm in the Health & Wellbeing Space in the AK Bell Library. Sign up or find out more information here: [Glow | LGBT Youth Scotland](#) | [LGBT Youth Scotland](#)



• **Pink Saltire:** an LGBT+ charity who run a variety of projects across Scotland, including Perth & Kinross Hub research, COVID Relief Support and Rainbow Responders: [PINK SALTIRE – Your Community Voice](#)



• **LGBTQ+ Social Photography** – group that go on outings, adventures and meet-ups to share their love for photography which whichever camera you have to hand: [PoPaB LGBTQ+ Social Photography - Perth & Kinross | Facebook](#)

• **Perth LGBT+ and Friends:** [Perth LGBT+ Friends - Perth, Scotland | Facebook](#)

• **Scottish Bi+ Network:** [Support – Scottish Bi+ Network](#)

• **Perth's Transgender and Intersex Group:** [Transgender Perth, Scotland | Facebook](#)

• **Perth Parrots** – Perth's LGBT+ Football Team: [Perth Parrots Floorball Club | Facebook](#)

# Out of hour support

We know from time to time our students may require out-of-hours support when our campus is closed, and would like to remind everyone of our free online external services that students



## Spectrum Life

Spectrum Life offer 24/7 out of hours mental health support. All calls are answered by clinically trained counsellors or psychotherapists.

Finally, we have a dedicated space on the UHI website with a wide range of information, guidance, and resources for students to help them with their physical wellbeing and mental health.

**Suicide Prevention is Everybody's Business**  
Visit the website or download for free from your app store



Contacts



About Suicide

**Suicide?  
Help!**



How to Help



Safety Plan

[www.suicidehelp.co.uk](http://www.suicidehelp.co.uk)