

UHI | PERTH

Creative ME Group

A small, friendly, therapeutic space to explore thoughts & feelings through drawing and creative arts.

Creative Arts for Wellbeing

Not an art lesson or art therapy.
No skills needed and materials are supplied.

facilitated by
Annie Garrigan
MBACP, ARCCA

Upcoming Group Times:

- 1pm-2pm, 13th February, Room 619 (Goodlyburn)
- 1pm-2pm, 12th March, Room 619
- 1pm-2pm, 16th April, Room 619
- 1pm-2pm, 14th May, Room 619

For more information, please email
annie.garrigan.perth@uhi.ac.uk

Decider Skills

Teaching people to live a more skilful,
less impulsive life.



The Wellbeing & Support Service are running a series of licensed workshops called **Decider Skills**. These workshops will teach you the necessary skills needed to help you change your behaviours and responses in stressful situations to help you lead a happier and more successful life.

Dates and timings

Session 1: Tuesday 13th Feb 10am – 12pm

Session 2: Tuesday 20th Feb 10am – 12pm

Session 3: Tuesday 27th Feb 10am – 12pm

* Ideally students would need to be able to attend all 3 sessions

**To book a place please contact us on
Wellbeingandsupport.perth@uhi.ac.uk**

MINDFUL COLOURING DROP IN

STUDENT SUPPORT HUB

TUESDAY 13/02/24

2-4PM

Student Service will be hosting a Mindful colouring session as part of the **Brit Challenge** where we are encouraging students and staff to take part in a variety of well-being initiatives.



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

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



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)**



Our Counsellors Recommend...

App Recommendation



Forest is an app that helps you stay focused on the important things in life.

Whenever you want to stay focused, plant a tree.



Your tree will grow while you focus on your work.



Leaving the app halfway will cause your tree to die



Grow your own forest - Stay focused daily and turn hard work into a land of lush forest.



Available on App Store & Google Play.



Additional Support Service

Did You Know!

- PLSP reviews – Remind students to check their emails as reviews for active PLSPs will be out this week to check student satisfaction**
- Roll forward your PLSP for 23/24 to ensure exam arrangements are in place.**
- Disabled Students Allowance deadline 31 March 2024.**
- Study Skills Support:**

Email address: studyskills.perth@uhi.ac.uk.

Booking link: [Book a Study Skills Appointment](#)

Web page: [Study Skills](#)

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 018 (Brahan building)

REFRESHMENTS AVAILABLE

Next sessions

Wed 17/01/24 Wed 28/02/24

Wed 31/01/24 Wed 13/03/24

Wed 21/02/24 Wed 27/03/24

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

UHI | PERTH



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
Phone: 01738 626290
Email: support@rasacpk.org.uk
Company Limited by Guarantee (no SC389959)
Recognised Scottish Charity (no SC037982)

LGBTQ+ & ALLIES GROUP

ALL STUDENTS WELCOME! A
SAFE SPACE TO HAVE
FRIENDLY DISCUSSIONS AND
ACTIVITIES

EVERY WEDNESDAY 2-4PM

FOR MORE INFORMATION PLEASE
CONTACT
APRYLL.CUNNINGHAM.PERTH@UHI.AC.UK
OR
FIONA.SMITH@UHI.AC.UK



UHI | PERTH

YOUR
STUDENTS'
ASSOCIATION

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



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Craig Lindsay
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01738 877 616



Claire Nelson
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Nicola Menzies
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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.



- **'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](#)

- **'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](#)



- **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](#)

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

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

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

February 2024

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