



MindSpace

UHI | PERTH

UHI Perth have a strong working relationship with a fantastic local mental health and wellbeing organisation called MindSpace. MindSpace is a mental health charity that has been based in Perth for 40 years and provides services such as counselling, peer support and group courses that help people understand and manage their mental health.

UHI Perth is in a fortunate position to be able to offer its students the opportunity to get 1:1 peer support from MindSpace here on the UHI Perth Campus on Wednesdays making it easier than ever for students to get the support that they need.

Alexander.weir.perth@uhi.ac.uk

“MindSpace has helped me understand and challenge my thoughts more and to ensure I look after my wellbeing... I am starting to believe I am allowed to be happy, I do have something to offer”

What is MindSpace Peer Support?

MindSpace peer support workers use and share their personal experiences, focusing on building relationships within a safe learning environment. Both parties have an opportunity to learn from and support each other, focusing on respect, strengths, empathy and hope, with everyone honoured as an expert within their wellbeing and recovery.

Peer support is neither mentoring nor befriending but a belief that anyone, with the right support, can live a fulfilled life.

Peer Support at MindSpace is completely FREE and open to anyone over 16 years of age!

If you are interested in signing up for the Peer support sessions at UHI Perth or would simply like more information about this service then please contact Alexander Weir (Alexander.weir.perth@uhi.ac.uk) or visit the MindSpace website.

Student Services are delighted to be able to share with you that we will soon be hosting the first session of a new group for students called 'The Man Cave'. This is a social group for people to come together and chat or even just listen to others that may be experiencing something similar to you.

You are not alone in how you feel.

More and more we are seeing men in our society struggling with poor mental health and finding themselves stuck, unable to find a source of relief for the pain or pressure of society. The aim of this group is to empower men to talk openly about mental health in a relaxed and non-clinical environment and learn skills to be part of our own, and others' wellbeing recovery by developing tools, techniques, and networks to support our mental health.

It is well known that talking is one of the best methods to reduce mental distress and it is hoped that anyone that comes along to this group will feel the benefits of talking, spending time with others, and working together to promote positive mental health for men.

THE MAN
CAVE

THE MAN
CAVE

When – Wednesday 15/03/23 @ 3pm

Where – Room 961, Academy of Sports and Wellbeing (ASW), UHI

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This first session will be very informal and will give everyone a chance to get to know each other and discuss what they would like from 'The Man Cave'. This will help us shape what we would like 'The Man Cave' group to become and how we would like to spend our time. This first session will last roughly an hour and there is no requirement to book a place to be able to attend. **There will be refreshments and Pizza available.**

This group will be facilitated by Alexander Weir (Mental Health Coordinator) and Todor Pavlov- Kennedy (HISA Perth President). For more information about this group or to let us know that you would like to attend you can contact us at alexander.weir.perth@uhi.ac.uk.

March 2023

Uni Mental Health Day



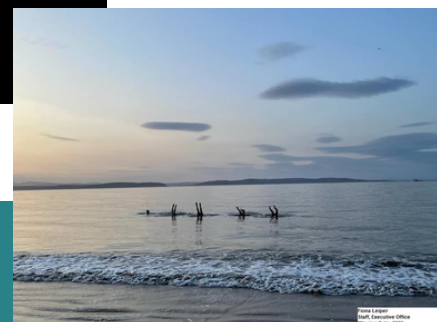
University Mental Health Day brings together the education community to make mental health a university-wide priority and create ongoing year round change to the future of student mental health. **HISA Perth** and **Student Services** will be hosting a Chill and Chat event on Thursday 9th March 2023 at UHI Perth as we hope to inspire conversations, take action and create change. Everyone welcome.

When 9th March (2 pm - 4 pm)

Where Webster/Wellness Garden

Refreshments provided.

#UniMentalHealthDay



Health Body Healthy Minds Photo Competition

Please find attached a PDF poster for the annual photography competition, with the theme Healthy Body Healthy Mind, which opens today! We would appreciate it if you could promote this both on campus and online, and encourage folk to take part 😊

The competition is open to UHI staff and students, one entry per person. Entries should be submitted to michaela.gilmore@uhi.ac.uk by midnight on 10th March, as a high-quality JPG or PNG file.

March 2023

Support

RASAC Drop-in



Student Services are pleased to announce that in partnership with **Perth RASAC** (Rape & Sexual Assault Centre) we will be able to offer a weekly drop-in for staff and students to attend here at UHI Perth. Within these drop-in sessions staff and students can find out more about what RASAC do, find out about the support available both personally and for other that you may be concerned about, as well as make referrals to their services. There are no appointments required and you can just drop in for a chat to the Student Support Hub between 12 – 2 pm on Tuesdays. These sessions will start from Tuesday 21/02/23 and will run every Tuesday until 28/03/2023.

When – Every Tuesday between 12 pm – 2 pm (starting 21/02/23)

Where – Student Support Hub (Brahan Building)

No Appointment required

Find out what RASAC do

Meet a RASAC Support Worker

Get added to our Support Waiting List, if you decide support is for you

The RASAC worker will have access to a private room for when confidential conversations are required. This will initially be running as part of a 6 week trial between 21/02/23 - 28/03/23 though may be extended depending on uptake.

For more information about RASAC please Visit their [website](#).

Groups

NEURODIVERSE GROUP



The Neurodiverse Group takes place every Wednesdays between 12 pm – 2 pm in room 204 (Brahan building) and we would welcome any interested students to come along and join us.

This group aims to celebrate our differences and offer students a space to chill out, enjoy activities, socialise and be accepted for who they are and their many strengths.

There is no need to book just come along and join Alex Weir and Nicola Menzies. For more information about this group please email

wellbeingandsupport.perth@uhi.ac.uk

LGBT++ ALLIES GROUP



The LGBT+ & Allies Group is a safe, comfortable space where all students are welcome. We meet every 2 weeks in room 962 in the ASW Building on the below dates and times for friendly discussions and board games 😊

Tuesday 14th of March - 2pm to 4pm

Tuesday 28th of March - 2pm to 4pm

For more information, please contact:

Apryll: apryll.mackie.perth@uhi.ac.uk

Todor: HISA.Perth.President@uhi.ac.uk



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



spectrum
.life



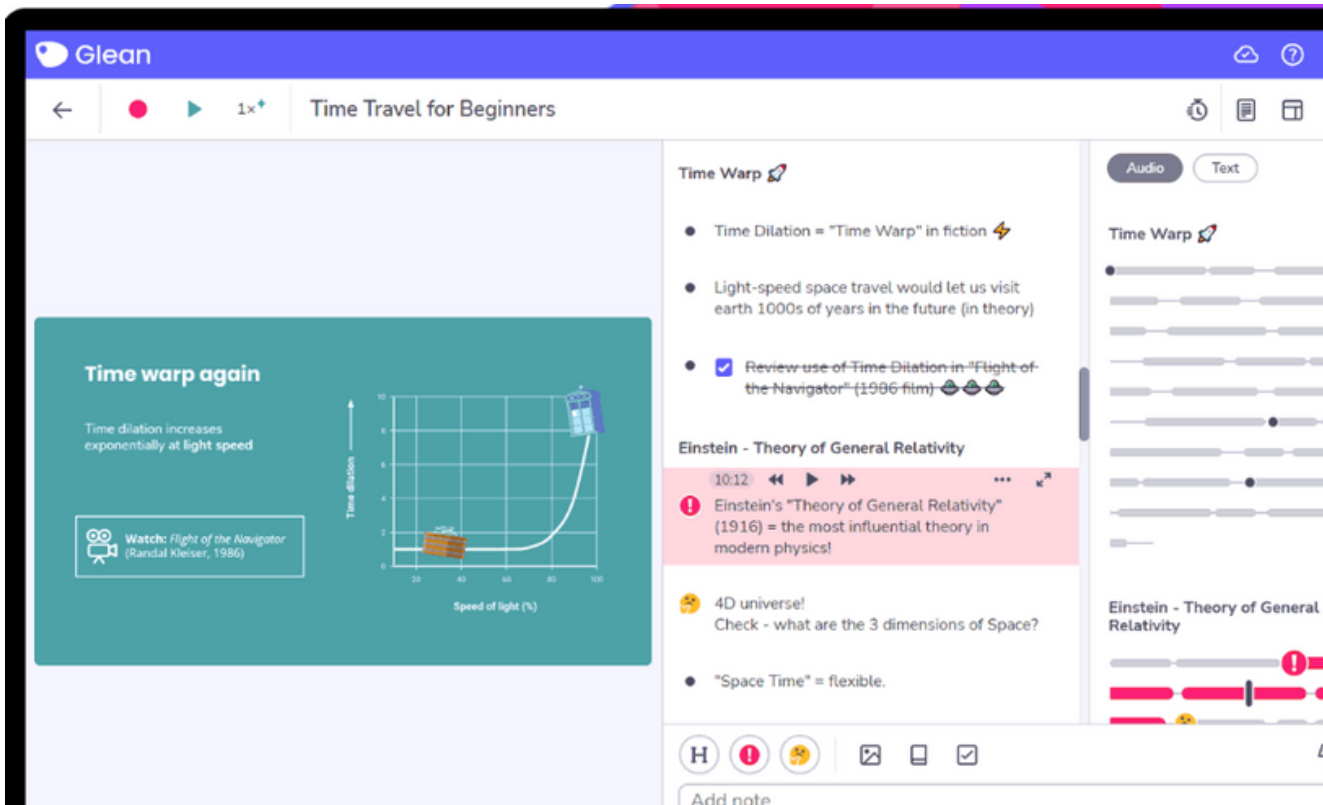
Where
wellbeing
works.

Additional Support

Assistive Technology of the Month – Glean

With Glean, you never have to worry about missing important information from class again! Record lectures in full, listen back at your own pace, and annotate with different note types to create a complete learning resource - tailored to you.

Licences for Glean are available for a loan from the Additional Support Service. If you think that this would be something you are interested to find out more about please contact us on additional.support.perth@uhi.ac.uk



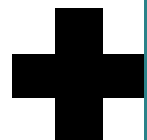
The screenshot displays the Glean application interface. The top bar shows the Glean logo and navigation icons. The main content area is titled "Time Travel for Beginners" and features a video player on the left with a graph titled "Time warp again". The graph plots "Time dilation" on the y-axis (ranging from 0 to 10) against "Speed of light (%)" on the x-axis (ranging from 0 to 100). The curve shows exponential growth. A video player below the graph is titled "Watch: Flight of the Navigator (Randal Kleiser, 1986)".

On the right side, there are two columns of notes. The first column, titled "Time Warp", contains three bullet points:

- Time Dilation = "Time Warp" in fiction ⚡
- Light-speed space travel would let us visit earth 1000s of years in the future (in theory)
- Review use of Time Dilation in "Flight of the Navigator" (1986 film) 🎬🎥🎞️

The second column, titled "Einstein - Theory of General Relativity", contains a video player at 10:12 with a red warning icon and a note: "Einstein's 'Theory of General Relativity' (1916) = the most influential theory in modern physics!". Below this is another note: "4D universe! Check - what are the 3 dimensions of Space?".

At the bottom, there is a "Add note" input field with icons for highlighting, adding notes, and other functions.



At UHI Perth, we have an internal diagnostic assessor and an external assessor who can diagnose students with Specific Learning Difficulties (SpLD), such as Dyslexia and Dyspraxia. We also have availability for Dyscalculia assessments which are organised through the Additional Support Service.

This service is available for students studying at HNC or above, following an initial screening at the Learning Zone or Quickscreen.

If you would like further information please contact the Additional Support Service on additional.service.perth@uhi.ac.uk.



Student Support Worker

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.



Apryll Mackie



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



apryll.mackie.perth@uhi.ac.uk

01738 877305 / 07385029889

Apryll is available to provide emotional and guidance support for students throughout the year and runs the daily student support drop-ins in the hub, from 9.30-11.30am.

Counselling services

Did you know?

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The counselling service offers online or face-to-face drop-in sessions. Drop-in can be used to find out more about counselling and the service so that you can make an informed decision regarding whether counselling is right for you.

If you are interested, all you need to do is email the counsellor below who's available timeslot suits you best. Appointment slots will be a minimum of 30 minutes each, are 1:1 and are private and confidential.



Annie between 12 noon-1pm every Tuesday: annie.garrigan.perth@uhi.ac.uk



Claire between 3-4pm every Thursday: claire.nelson.perth@uhi.ac.uk

If neither drop-in day or time suits you, please email counselling@perth.uhi.ac.uk and we will organise a drop-in time to accommodate you.

- **'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](#)

- **Scottish Bi+ Network: Support** – [Scottish Bi+ Network](#)
- **Perth's Transgender and Intersex Group:** [Transgender Perth, Scotland | Facebook](#)
- **Perth LGBT+ and Friends:** [Perth LGBT+ Friends - Perth, Scotland | Facebook](#)
- **Perth Parrots** – Perth's LGBT+ Football Team: [Perth Parrots Floorball Club | Facebook](#)

Mindfulness and Grounding

Anxiety affects many and it can be helpful to have some handy tools that can help to ground you and make you feel more at ease. One which is really effective is the 54321 Method.

You draw your attention to 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell and 1 thing you can taste.

By focussing on your senses it will bring you back to the present moment.



The 5-4-3-2-1 Method: A Grounding Exercise to Manage Anxiety

<https://www.youtube.com/watch?v=30VMIEmA114>

We are also sharing a 10 minute guided meditation. Meditations have lots of emotional and physical benefits including an increasing self-awareness, reducing negative emotions, increasing tolerance to distress, focusing on the present and gaining perspective on anxious and stressful situations and environments.

<https://www.youtube.com/watch?v=O-6f5wQXSu8>

How to be more mindful

Listen but don't interrupt

Notice but don't react

Breathe but don't rush

Think but don't worry

Feel but don't be bothered

Do but don't hurry

Student Services Staff Spotlight



Tell us about yourself?

I'm Alex, I'm 35 years old and I have lived in the Perthshire area since my family moved here from North East Scotland when I was 3. I have a wife and two little boys (4 years and 11 months old) so life can be quite busy though always fun. I studied Applied Psychology at Heriot-Watt University. I came to start working at Perth College in 2017 taking on the role of Wellbeing and Support Officer then in 2022 I started a 15-month secondment as the Mental Health Co-ordinator (MHC).

What is your role at Perth College UHI?

I am the Mental Health Co-ordinator and within this role I acts as the day-to-day overview for the delivery of the Wellbeing & Support and Counselling Service both within the student services department. In short, I look at ways to ensure our students have access to the best possible support which hopefully will enrich their experience here at UHI Perth. I do this by working closely with both internal and external partners to bring services to students and make it easier for students to access this support. I also deliver a variety of mental health and wellbeing workshops to both staff and students this includes decider skills and Scotland's Mental Health First Aid courses. Another big part of my job is the promotion of mental health and wellbeing issues for all students and staff with UHI Perth. Together with my Student Service colleagues we organise events to raise awareness of mental health issues to improve people's understanding of these issues and tackle stigma. Through the Mental Health Co-ordinator role I have also helped to develop and run wellbeing groups for staff and students, including the neurodiverse group and The Man Cave group. Finally, I also am a duty worker which means I work on a rota system with the other duty workers and we provide cover to support students in crisis or in immediate need of support whilst in College.

What's the best part of your job?

Strangely one of the best parts of my job is often the most nerve-racking. Delivering wellbeing workshops like Scotland's Mental Health First Aid and Decider Skills allows me to talk passionately about mental health and raise awareness of what are incredibly important topics. Hopefully doing so in an enjoyable manner allows me to share my knowledge and experiences to help give people the skills and confidence to put these skills into practice whether in their professional or personal life

What is a typical day at work like?

That's a tricky one, it's cliché to say, though really no two days are the same. At the moment, it is trying to evaluate where we are as a service and continually looking at ways to ensure that we continue to improve and provide the best wellbeing support we can for our students.

Favourite quote/saying?

If you ask any of my colleagues this is an easy one. As I must say 'It is what it is' everyday and probably multiple times a day, so much so that I am not even aware I am saying it half the time. I suppose this just a way of reminding myself that I am not in control of everything around me and sometimes I just have to let things be and make sure that I am placing my time and energy into things I can have a positive impact upon.

Favourite type of music?

I like a bit of everything really though my favourite bands would be Blink 182 and Linkin Park. I even have a Blink 182 tattoo.

Favourite holiday destination, and why?

I went to California in 2015 on my honeymoon with my wife and drove up the coast from San Diego up to San Francisco. But if I was being totally honest the absolute best part was stopping off in LA for two days to go to Disneyland. I am a big kid at heart and even as an adult on his honeymoon, it was so much fun.

Student Services Staff Spotlight

Where would you like to travel next?

It may sound a little boring going back to the same place though I would love to go to Disney and take my boys as I think they would have an amazing time and find it to be a magical experience. This will probably have to wait until they are both old enough to really appreciate it and be able to go on most of the rides.

So, with that holiday being quite some time away I suppose my next holiday it would be great to go to Mexico to visit my twin brother and his family.

Favourite book?

Being dyslexic I was never a big reader growing up and this trend hasn't really changed over the years. I am a Manchester United fan so I have read a number of ex-players and managers books which was always interesting to get some inside details.

In a previous job while working night shifts I set myself the task to read more books and trying to make things a little easier on myself I googled the best books under 200 pages. One of the suggestions that I came across was Animal Farm by George Orwell. This was probably the only book I have ever read that I struggled to put down and have read more than once. So for that reason, I would have to say Animal Farm is my favourite book.

Do you have any interesting hobbies?

I love gaming whether that's playing a single player game or playing online with friends it's a great way to relax and socialise. I also love playing golf when the weather is cooperating.

Favourite TV show or film?

My favourite movie is Jaws, I have a strange love/hate relationship with sharks they both fascinate and terrify me. My favourite television series is probably 'It's Always Sunny In Philadelphia'.

As a child, what did you want to be when you grew up?

I always wanted to be a professional Rugby player, though as I got older it became more and more obvious that this was not going to be possible. As I got older I knew I wanted to work helping people in some regard and then after studying Applied Psychology at University, I knew that was working with people to support them to improve their mental health and wellbeing.



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.

Togetherall



Togetherall is a digital mental health support service which is also available online, 24/7, and is completely anonymous. In addition to the online community, they have a wealth of useful resources and tailored self-help courses covering topics such as anxiety, sleep, weight management, depression and many more.

For more information on Spectrum Life and Togetherall please visit the wellbeing and support page on the [Perth College Website](#)

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

