

UHI | PERTH

#DestressDecember

This week we will kick off UHI's annual #DestressDecember campaign on the UHI Health & Wellbeing Facebook, with hints and tips to help you relax and enjoy the Festive season. This will continue every day throughout December and over the Christmas break, so why not give us a 'Like' and a 'Follow' to make sure you don't miss anything! 🧑‍🎄 If you have any queries about the page, or its content, please contact michaela.gilmore@uhi.ac.uk.



Understanding Me



**Psycho-educational workshops, open to all students,
facilitated by Claire Nelson, Student Counsellor.**

**We aim to develop self-awareness and insight,
increase self-confidence through learning, sharing
and supporting.**



Upcoming Workshops

Friday 17th November - Anxiety

Friday 1st December - Emotions & Feelings

Friday 15th December - Self Esteem

**Workshops are run between 2-3pm in Room 033,
Ground floor Brahan Building.**

No need to pre-book, just show up on the day.

**To find out more, please email
claire.nelson.perth@uhi.ac.uk**



15TH JANUARY 2024

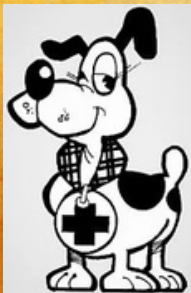
THERAPET EVENT



BRAHAN LECTURE

THEATRE

11AM–1PM



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

Every Tuesday & Wednesday (12-2pm)

Where

Tuesdays - Room 202 (Brahan)

Wednesdays - Room 317 (Brahan)



Alex Weir



Nicola Menzies

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

Our Counsellors Recommend...

The Need for Validation

So, you have just received your results back on your exam, or you've just started a new relationship, or you have just been out for an amazing meal out and what's the first thing you want to do? Reach out for some external validation? Why do we do this?

Validation is perfectly normal and is a common need most of us experience. It can be affirming and positive. It does however exist on a spectrum and a need for what could be considered too much external validation can be problematic.

If in childhood you received too much or too little validation, this may impact how you handle your emotions, your personality, and your attachment style. Achieving a balance between internal and external validation is crucial to having healthy self-esteem.

If you find yourself regularly seeking too much validation from others to the point where it begins to hurt you and interfere with your daily functioning, there are ways you can manage this behaviour.

Learning to recognize when you are seeking validation from external sources is the first step. By acknowledging this behaviour, people can choose a more effective option, breaking the cycle and learning to look internally for validation.



How to stop searching for validation from others

1. You may need a social media break.

It can become very easy to seek external validation online. We may not even be aware we are doing it. It is more common for us to be sharing a large part of our lives online and seeking validation through likes, engagement in posts and comments.

2. Do not ask for validation.

Rather than looking outward for validation, choose to look inwards. How do we feel about our own achievements and successes. Learning to reach inwards more often can be a really positive experience and over time will help us to realise that we don't need as much external validation.

3. Say No!

For those of you who identify as people pleasers, you will know how difficult it can be to say no and assert boundaries. Becoming more comfortable with potentially disappointing others is a hard thing to master, however, it can be highly empowering and freeing to be able to say no and conserve energy at times. A fear of abandonment can have us hanging on to people pleasing and seeking validation.

4. Use self-care to self-validate.

Try using internal validation affirmations to strengthen your relationship with self. Positively fuelled affirmations can replace negative self-talk and that need to receive validation from others. (Some affirmations are below to help you practice).

“External validation is a temporary high but internal validation is a lifelong companion”.

-Belinda Warburton, Body Confidence Coach

What does external and internal validation inner talk sound like?



Internal Validation Affirmations

- My feelings are valid.
- I trust my instincts.
 - I am worthy.
- My self-worth isn't based on other people's opinions.
 - I'm making progress.

Affirmations are a useful and effective way of counteracting the negative thoughts that can manifest within us and become overwhelming if we don't consciously choose to let them go. If you have a tendency towards negative or anxious thoughts, then affirmations can help you to reset and refocus.

Say the words you need to hear and say them often.

If you have any comments or questions about this, please send to Student Counsellor claire.nelson.perth@uhi.ac.uk

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](#)

ATOTM

Speech recognition software converts words spoken into a microphone into machine-readable format. Speech recognition products can provide an appropriate computer input method for some individuals with a wide range of disabilities.



[Speech Recognition \(callscotland.org.uk\)](http://callscotland.org.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 018 (Brahan building)

REFRESHMENTS AVAILABLE

Next sessions

Wed 06/12/23

Wed 20/12/23

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

UHI | PERTH



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

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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





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)

RECLAIM THE NIGHT PERTH 2023 6th Dec

MARCHING TO
RECLAIM OUR RIGHT TO
WALK THE STREETS AT
NIGHT & TO END VIOLENCE
AGAINST WOMEN &
CHILDREN



6TH DECEMBER 2023 EVERYONE WELCOME
BRING YOUR FAMILY, PARTNERS & FRIENDS
MEETING 2 HIGH STREET - PERTH @ 5:00PM MARCH LEAVES - 6PM



The Rape and Sexual Abuse Centre (Perth & Kinross) is a
Company Limited by Guarantee (No SC389959) and a
Registered Scottish Charity (No SC037982)

RASAC P&K
16 King St
Perth, PH2 8JA

www.rasacpk.org.uk
www.facebook.com/rasacperth

Business Line: 01738 626290
RASAC P&K Helpline: 01738 630965
National Helpline: 08088 010302

Part of the:
**16 Days of Action to
End Violence Against
Women and Children**



Perth and Kinross
Violence Against
WOMEN
Partnership



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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Student Services Manager
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Craig Lindsay
Additional Support Officer
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01738 877 616



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Apryll Cunningham
Student Support Worker
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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.

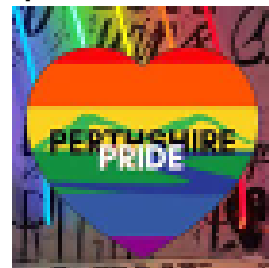


Did you know? Student Services can provide Foodbank vouchers? As we are coming through the COVID-19 pandemic and the cost-of-living crisis is affecting us all, we know times are tough. Along with the fantastic 'Big Project' where you can collect food items, clothes, and toiletries, we can also provide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

For more information, please feel free to contact us at wellbeingandsupport.perth@uhi.ac.uk

- '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