

# LOOK AFTER YOUR MATE TRAINING

CHRIST CHURCH  
STUDENTS'  
UNION





**TRAINING  
WILL  
BE ONLINE**

# OBJECTIVES

- **INCREASE YOUR KNOWLEDGE AND UNDERSTANDING OF WHAT MENTAL HEALTH IS, THE DIFFICULTIES FACED AND THE SUPPORT AVAILABLE.**
- **INCREASE THE SKILLS AND CONFIDENCE REQUIRED TO SUPPORT A FRIEND WHO IS EXPERIENCING DIFFICULTIES.**
- **INCREASE YOUR KNOWLEDGE OF YOUR OWN WELLBEING AND HOW TO LOOK AFTER YOURSELF.**

# WHAT WE WILL COVER

Trigger Warning: Mental Health Difficulties,  
Managing Mental Wellbeing,  
Looking After yourself and others

If you feel uncomfortable feel free to step out  
and come and talk to us afterwards!

- **UNDERSTANDING THE STUDENT EXPERIENCE**
- **THE MENTAL HEALTH CONTINUUM**
- **EMPATHY VS SYMPATHY**
- **PRACTICAL TIPS FOR LOOKING AFTER A MATE**
- **STARTING A CONVERSATION**
- **KNOWING WHAT SUPPORT IS OUT THERE**
- **LOOKING AFTER YOURSELF TOO**

# THE MENTAL HEALTH CONTINUUM

Mental Health Continuum - [video](#)



# WHAT YOU NEED TO KNOW

**IT IS IMPORTANT TO REMEMBER THAT PEOPLE COME TO  
UNI WITH VERY DIFFERENT EXPERIENCES AND  
BACKGROUNDS.**

**WHEN GETTING TO KNOW NEW PEOPLE IT IS IMPORTANT  
TO REMEMBER THAT THEY MAY BE EXPERIENCING ISSUES  
THAT YOU ARE UNAWARE OF OR THAT THEY THEMSELVES  
HAVE NOT YET IDENTIFIED.**

**AGE 18-22 IS THE PRIME AGE FOR MENTAL HEALTH  
CONDITIONS TO SURFACE, PLUS THE TRANSITION TO UNI  
LIFE CAN BRING THINGS TO THE FORE.**

# SHOULD I BE WORRIED?

**WHEN SOMEONE IS STRUGGLING, YOU MAY NOTICE A COMBINATION OF LITTLE CHANGES IN THEIR BEHAVIOUR.**

**OR YOU MAY NOT KNOW THEM WELL ENOUGH YET TO SEE A CHANGE BUT MIGHT GET A SENSE THAT SOMETHING IS UP!**

# SHOULD I BE WORRIED?

- **HAVE THEY BECOME MORE WITHDRAWN THAN USUAL?**
- **HAVE THEY BEEN AVOIDING SOCIALS OR EVENTS?**
- **HAVE THEY CRIED A LOT RECENTLY?**
- **HAVE THERE BEEN SIGNIFICANT CHANGES IN THEIR EATING HABITS? (EATING MORE OR LESS THAN USUAL)**
- **HAVE THEY NOT BEEN TAKING CARE OF THEMSELVES RECENTLY?**
- **DO THEY SEEM LETHARGIC OR PREOCCUPIED?**
- **HAVE YOU NOTICED A CHANGE IN HOW THEY SPEAK (RAPIDLY, INCOHERENTLY OR SLOWLY) OR WHAT THEY ARE SAYING ("I CANNOT GO ON LIKE THIS")?**



# THIS IS EMPATHY

This is empathy - [video](#)



# STARTING A CONVERSATION

- **SOMEWHERE QUIET, WITHOUT INTERRUPTIONS.**
- **TRY TO FIND ENOUGH TIME.**
- **FIND A NEUTRAL SPACE.**
- **DO SOMETHING RELAXING.**

**IF YOU ARE A COMMITTEE MEMBER, CONSIDER WHAT YOUR  
RELATIONSHIP WITH THAT INDIVIDUAL ALLOWS YOU TO DO.**

# WHAT IF THEY SAY NO?

- **DON'T PUSH IT, KEEP THE DOOR OPEN**
- **REACHING OUT AND OFFERING FRIENDSHIP CAN REALLY HELP SOMEONE TO FEEL VALUED AND SUPPORTED**
- **DO THEY KNOW HOW TO CONTACT YOU IN THE FUTURE?**
- **LOOK AFTER EACH OTHER ON NIGHTS OUT, ALCOHOL CAN OFTEN BRING OUT THE WORST – DO NOT LEAVE SOMEONE ALONE TO WALK HOME!!!**

# WHERE TO SIGNPOST

- **STUDENT MINDS: [STUDENTMINDS.ORG.UK](https://www.studentminds.org.uk)**
- **LOCAL GP – CAN REFER TO SPECIALIST SUPPORT AND SERVICES**
- **STUDENT SUPPORT SERVICES – E.G. MENTAL HEALTH ADVISERS,**
  - **STUDENT WELLBEING ADVISERS, STUDENTS' UNION**
- **SAMARITANS: 116 123 OR [JO@SAMARITANS.ORG](mailto:JO@SAMARITANS.ORG)**
- **HOPELINE UK: 0800 068 41 41 OR [PAT@PAPYRUS-UK.ORG](mailto:PAT@PAPYRUS-UK.ORG)**
- **NIGHTLINE: [CANTERBURYNIGHTLINE.ORG](https://www.canterburynightline.org)**
- **STUDENTS AGAINST DEPRESSION: [STUDENTSAGAINSTDEPRESSION.ORG](https://www.studentsagainstd Depression.org)**
- **999 OR 111**

# WHAT SUPPORT IS AVAILABLE ON CAMPUS?

- **CHAPLAINCY CENTRE, CANTERBURY, TEA AT THREE (3PM)**
- **STUDENT SUPPORT ADVISORS**
  - **FACE-TO-FACE DROP-INS MONDAY-FRIDAY, AUGUSTINE HOUSE (AH)**
    - **CANTERBURY 12PM-4:30PM**
  - **VIRTUAL DROP-INS, MONDAY-FRIDAY, BETWEEN 12 NOON AND 13:00**
    - **VIA BLACKBOARD**
  - **RING THE SUPPORT TEAM: 01227 922675**
  - **STUDENTSUPPORT@CANTERBURY.AC.UK**
- **CHOOSDAY CHILL 5.00-7.00PM EVERY TUESDAY AH – CANTERBURY**
- **FOR GENERAL ENQUIRIES, I-ZONE FAQs**
- **EMERGENCY : SECURITY TEAM ON 01227 92 2111**

**YOU ARE THE ONLY PERSON SUPPORTING YOUR FRIEND, WHO IS REALLY STRUGGLING. YOU ARE NOW SPENDING ALL OF YOUR FREE TIME SUPPORTING THEM. YOU ARE CONSTANTLY WORRIED ABOUT THEM AND ARE BEGINNING TO FALL BEHIND WITH YOUR STUDIES.**

- **HOW WOULD YOU LET YOUR FRIEND KNOW THAT YOU NEEDED TO STEP BACK?**
- **WOULD YOU FEEL COMFORTABLE LETTING YOUR FRIEND KNOW “I CAN’T HELP RIGHT NOW”?**
- **WHAT ARE THE BARRIERS TO SAYING NO?**

# BOUNDARIES

## **YOU MIGHT FEEL:**

- **GUILTY FOR PUTTING YOURSELF FIRST**
- **SELFISH**

## **YOU MIGHT THINK:**

- **WHAT IF SOMETHING BAD HAPPENS?**
- **WHAT IF THEY STOP TRUSTING ME?**
- **LOOKING AFTER YOURSELF IS INCREDIBLY IMPORTANT**
- **SAYING NO IS UNDERSTANDABLY HARD**

## **COSTS FOR YOU OF NOT HAVING BOUNDARIES ESTABLISHED:**

- **FALLING BEHIND ON STUDIES**
- **WORRYING, STRUGGLING WITH YOUR OWN WELLBEING**
- **BECOMING ISOLATED FROM OTHER FRIENDS**
- **STRETCHING YOURSELF TOO THIN TO LOOK AFTER YOU**

## **BENEFITS FOR YOU OF HAVING BOUNDARIES:**

- **LOOKING AFTER YOURSELF**

## **BENEFITS FOR YOUR FRIEND OF HAVING BOUNDARIES:**

- **GOOD MODELLING OF WELLBEING**
- **HELPS ESTABLISH TRUST**



# BOUNDARIES

- **HAVE SPECIFIC TIME FOR YOU**
- **ENCOURAGE YOUR FRIEND TO BUILD A WIDER SUPPORT NETWORK**
- **ENCOURAGE YOUR FRIEND TO SEEK MORE SUPPORT**
- **PUT YOUR OWN PRIORITIES FIRST**
- **MAKE SURE YOU ARE GETTING SUPPORT TOO**
- **IT IS OK IF THERE ARE SOME THINGS YOU AREN'T COMFORTABLE TALKING ABOUT**
- **YOU'RE NOT SUPPOSED TO HELP WITH EVERYTHING**



**YOU ARE DOING AN AMAZING THING BY SUPPORTING YOUR  
FRIEND. JUST BEING THERE IS ENOUGH, YOU DON'T HAVE TO FIX  
EVERYTHING. EMPATHETIC LISTENING CAN BE A REALLY  
VALUABLE TOOL.**

**THERE IS OTHER SUPPORT OUT THERE - THERE ARE LOTS OF  
SERVICES THAT YOU CAN SIGNPOST YOUR FRIEND TO.  
RESPECT YOUR BOUNDARIES - BEING THERE FOR YOUR FRIEND  
DOES NOT HAVE TO TAKE OVER YOUR LIFE.  
REMEMBER TO LOOK AFTER YOURSELF TOO!**

**AND  
FINALLY...**

**COME AND  
TALK TO  
US!!!**