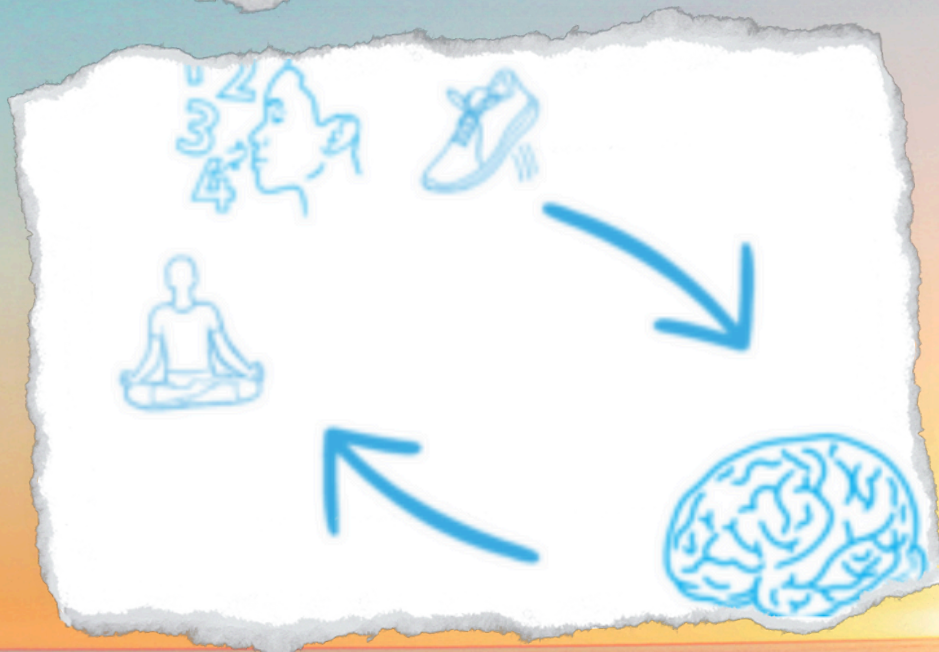


## Mental Health Awareness Week 2024

Mental Health Awareness Week takes place from Monday 13 – Sunday 19 May 2024. The theme, as set by the Mental Health Foundation, is “Movement: moving for our mental health.” This year, we want you to move your way by finding something that moves your body and mind.



## Why movement matters

Being physically active is great for our bodies and our minds. Exercise has been proven to reduce anxiety and depression, and it can help us to prevent physical illnesses. Sadly, people living with mental illness die on average 20 years younger than the general population, often from avoidable physical illness. This group is more likely to develop preventable conditions like diabetes, heart disease, bowel cancer and breast cancer

Our own research shows that 56% of people found that exercising regularly helped them to alleviate stress and prevent burnout in their lives.

Visit our information page to find out more.

### Movement and your mental health



### Move your way

Despite the evidence that keeping physically active can promote good mental health, we know there are barriers preventing us doing so, like accessibility, time, money, body image, lack of open space, or the negative connotations we might commonly associated with 'exercise' itself.

**This Mental Health Awareness Week, we want you to 'move' for your mental health.**

Movement doesn't need to look like going to the gym, running a marathon or taking part in a team sport – and it doesn't need to cost the earth. It can be as simple as stepping off the bus a stop early, moving a 1-2-1 meeting to a walking call, giving your child a push on a park swing after school, or dancing in your kitchen while you cook dinner.

## Additional Support Team

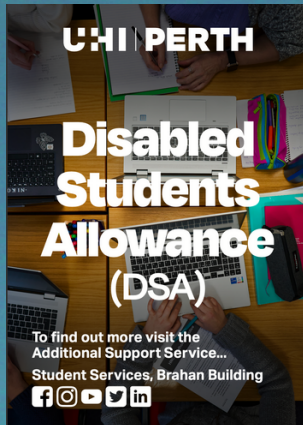
Information from team

**PLSPs and DSA do not renew for the 24/25 academic year, if any student would like to renew a PLSP please contact PC Additional Support [additional.support.perth@uhi.ac.uk](mailto:additional.support.perth@uhi.ac.uk)**

**DSA may be an option for any student with a disability, if you are studying HNC or above in 2024/25 get in touch to discuss in more detail**

**Feedback surveys have been sent to students who had a PLSP in 23/24, would be much appreciated if they could spare a few minutes to complete these**

**Loan equipment to be returned by the end of Semester 2**



**If you are looking for any other information please contact the Additional Support Service.**



**Becky Angus**

**Additional Support Officer**

01738 877382 | [becky.angus.perth@uhi.ac.uk](mailto:becky.angus.perth@uhi.ac.uk)



**Craig Lindsay**

**Additional Support Officer**

01738 877616 | [craig.lindsay.perth@uhi.ac.uk](mailto:craig.lindsay.perth@uhi.ac.uk)



**Nic Henderson**

**Wellbeing and Support Officer**

01738 877 298 | 07920 703 902  
[nicola.henderson.perth@uhi.ac.uk](mailto:nicola.henderson.perth@uhi.ac.uk)

Disabled Students Allowance (DSA)

### What is DSA?

The Disabled Students Allowance (DSA) is a supplementary allowance for UK domiciled students to cover any extra costs or expenses incurred while studying arising because of disability.

Costs covered can include large items such as laptops and printers, basic items such as paper and printer ink and Non-Medical Personal Help (NMPH) such as Study Skills Support.

### Do I qualify?

If you are on a HNC or above you may be eligible.

However, exclusions apply – see Notes for the Disabled Students' Allowance (DSA) application booklet from SAAS, located on SAAS website or speak to the Additional Support Service.

[http://www.saas.gov.uk/forms/dsa\\_notes.pdf](http://www.saas.gov.uk/forms/dsa_notes.pdf)

### When do I apply?

It is best to start the process of applying for DSA as early as possible.

It can take time for your application to be processed by the relevant funding authority (for students living in Scotland this is the Student Awards Agency for Scotland – SAAS). Engaging fully with the process will help ensure you receive the support you are entitled to. You can apply once you have received an unconditional offer of acceptance.



### What Evidence do I require?

To support your DSA application we require the following documentation:

A completed DSA application form, for the academic year in which you are applying. Copies of the application form can be collected from the Additional Support Service.

Evidence of your disability – e.g. appropriate information from a GP or an Educational Psychologist report.

A Needs Assessment report detailing the nature of your disability and its impact on your learning process. Assessments are conducted by the Additional Support Service and appointments can be booked via the Additional Support Administrator. All contact information is at the front of this booklet.

### What if I do not have the correct evidence?

Please contact the Additional Support Service to discuss evidential requirements.

We may be able to generate the appropriate information for instance a Specific Learning Difficulty (SpLD) report can be completed via UHI Perth.

If referred, you will be sent a letter with an appointment date and time. It is important you attend this appointment or call to rearrange, if you can't make it.

### The outcome of your DSA application

SAAS will confirm their decision in writing, if DSA funding has been awarded it will be paid directly into your designated bank account two weeks before the start of your course, or five working days after receipt of approval if applying after the start of your course.

You are advised to contact the supplier recommended within your needs assessment report to arrange delivery of the equipment and/or training specified in your report. Other awarding bodies such as SFE may work differently.

Once you have received your DSA award letter contact the company recommended, you'll find this information towards the end of your needs assessment.

If you require assistance with this process, please contact the Additional Support Service to arrange a buying appointment. Please bring the following with you:

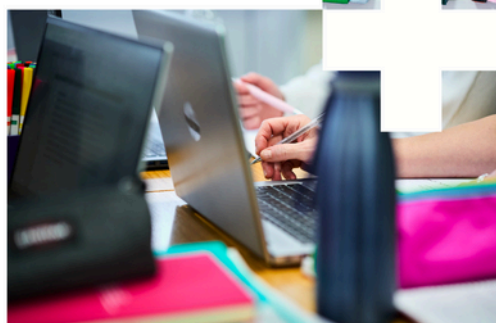
- DSA Award letter
- Payment details

### Needs Assessment – Appointment

The first stage of the needs assessment is a discussion with your assessor to consider your support requirements and their likely impact on your studies.

Your needs assessor will also discuss and/or demonstrate relevant equipment and technologies which may help you.

The needs assessor will then draft a report within two working weeks, where practicable. A draft copy will be emailed to you for approval. It is important to respond quickly with confirmation of acceptance or any adjustments required. As soon as confirmation is acknowledged your DSA application can be sent to SAAS for consideration.



## Frequently Asked Questions (FAQs)

### Can I still apply for DSA even if I am near the end of my course?

Providing you apply before the application closing date, we will be able to send your DSA application form.

However, our needs assessment appointments end 2 weeks before the application closing date, allowing time to complete the needs assessment and send the application form to SAAS.

You may not be awarded the full amount if it is close to the end of your course. If you are continuing to the next academic year it is important to let us know so that we can send your application when the application process reopens.

### Can I buy different items/ equipment to the ones that you have approved?

If you are not happy with the equipment that is recommended, you **must** contact the Additional Support Service to discuss this before you purchase any other items/equipment.

### Can I buy equipment before my course begins?

Once you have received your DSA award letter and the funds are available in your bank account 2 weeks prior to the start of the course, you can contact the relevant company to arrange buying the equipment.

### What happens to the equipment when I finish my course?

All the equipment you buy with DSA belongs to you, it doesn't need to be returned.

### Will I have to repay my DSA if I leave my course early?

Possibly. SAAS may recover some or all of your DSA if you withdraw from your course. More information is available from the Additional Support Service.

### What do I do once I have bought all of my equipment?

You must send receipts for any items of equipment we approve under the large items allowance within six weeks of purchasing them. Originals are to be retained by you as they are needed for warranty purposes.

Receipts for consumable items such as ink cartridges, printer paper or photocopying credit can be sent throughout the academic session or all together at the end of the academic year.

If you apply for DSA in a future academic year and have not given them all of the receipts for your previous DSA award, they may withhold any future award until they have received your previous receipts.

### What happens if the amount of NIMPH I need changes during the year?

You must contact the Additional Support Service as soon as possible to discuss this. We can contact SAAS on your behalf to arrange more support for you as part of your contextual assessment of need.

### Who do I contact if I have any problems with my DSA?

If you have issues with your equipment or software, for example, your equipment breaks down or does not work correctly; you must contact your supplier directly in first instance.



## Our Counsellors Recommend...

### **Why journalling is good for you.**

Did you know that journalling can offer so many benefits for your emotional, mental and physical wellbeing?

This is because by engaging in the process of journalling you can decrease stress by allowing your emotions to be released. Writing down how you are feeling in a journal can be a safe space without judgement.

It can also help with emotional regulation as writing about your emotions can bring them into awareness and allow you to gain understanding and an ability to manage them better.

Journalling can help you to better understand yourself, what your personal values are and what your goals are and the steps you might need to take to achieve them.

Using a journal can also allow you to expand your communication skills as you begin to articulate your thoughts and feelings. This process can help to improve relationships and interactions with others.

If you are new to journaling or are looking for direction in your journalling, then using journal prompts can help. Journal prompts are questions or statements which are designed to inspire reflection and writing in your journal. For example, if you were looking to write about self-reflection you may want to ask yourself the question “What is something I learned about myself this week?”. If you wanted to write about personal growth you may ask “What is a fear or limiting belief that is holding me back, and how can I overcome it?”.



## App Recommendation



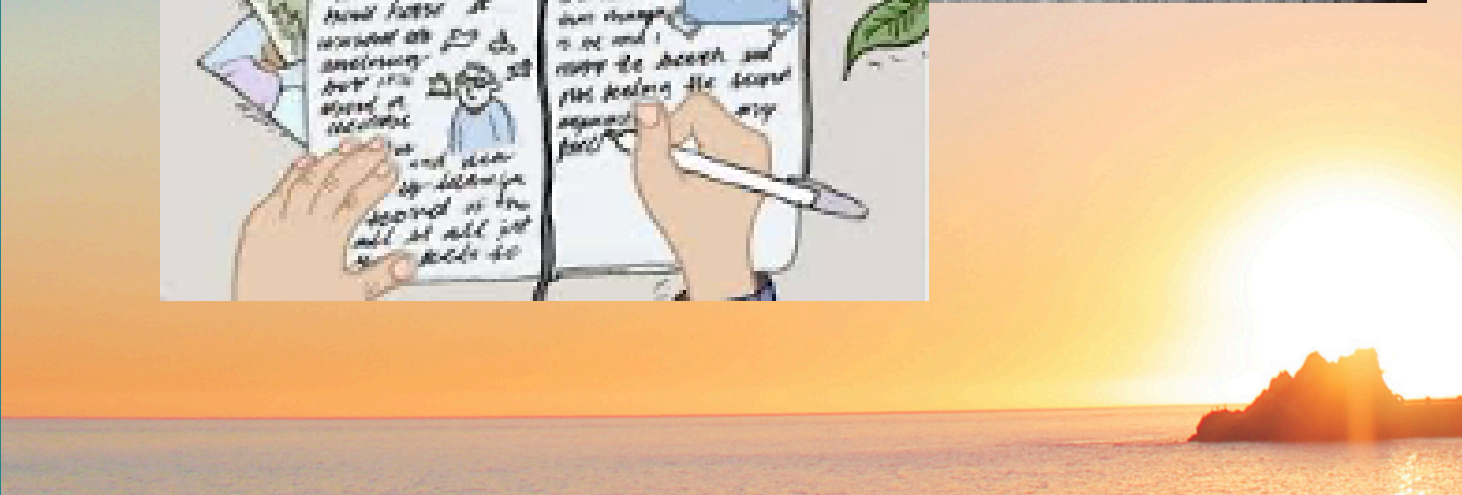
D A Y O N E

The Day One app has over 50 journal prompts to jump start your journal writing and explore personal growth, daily reflection and goal setting.

It's available to download from the [Apple Store](#) or [Google Play](#).

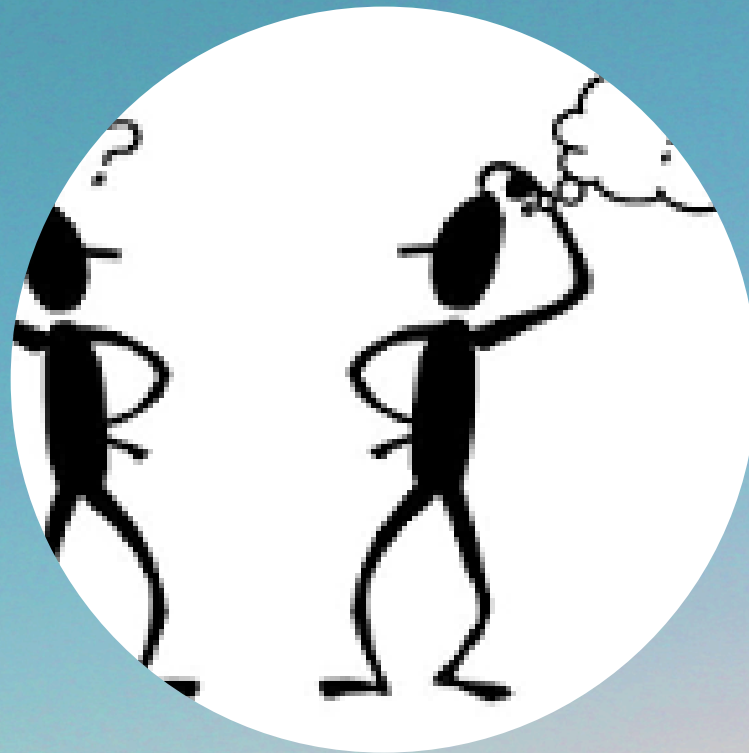
## Finding my own journaling style

There is no right way to journal. For some this will be as simple as a blank notebook and pen and for others the journal and how it looks is all part of the experience. There are lots of different elements you can add into a journal including stickers, pictures and printables. You really can be as creative as you like.



## Journalling and mentalisation

Journalling can be an amazing tool for enhancing something called mentalisation. Mentalisation is the concept of understanding and interpreting thoughts, feelings, intentions and behaviours of yourself and others. It involves the ability to reflect on internal mental states such as desires, beliefs, emotions and motivations and to recognise that others also have inner experiences that can influence their actions.



Journalling can be a powerful form of self-care. If you begin to factor a journal practice within your life you will begin to feel its benefits. Allow yourself the time and space to make journalling a self-care ritual which can help you on your journey to personal growth.



## THE MAN CAVE

The Man Cave group for students 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 3pm in Room 018 (Brahan)

**Refreshments available**

**Next session on Wednesday 08/05/24 at 3pm (Room 018)**

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)

## 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.



Alex Weir



Nicola Menzies

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

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

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

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

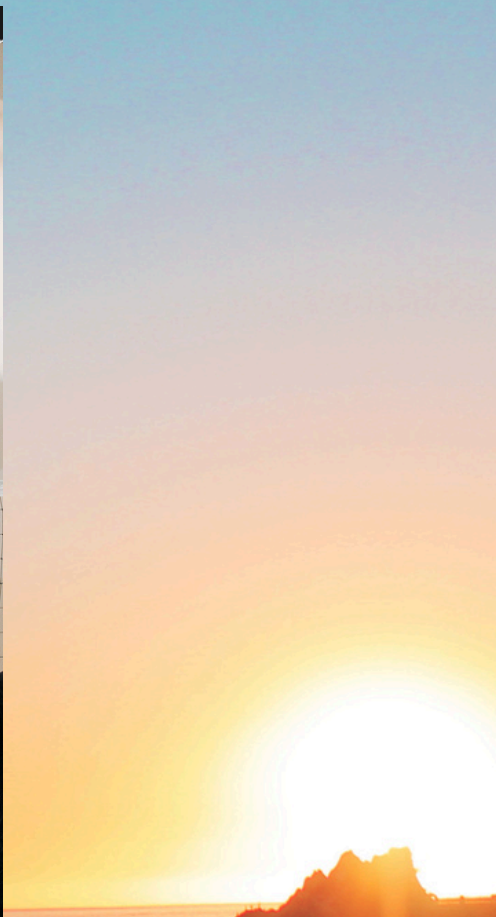


[www.rasacpk.org.uk](http://www.rasacpk.org.uk)  
Phone: 01738 626290  
Email: [support@rasacpk.org.uk](mailto:support@rasacpk.org.uk)  
Company Limited by Guarantee (no SC389559)  
Recognised Scottish Charity (no SC037982)

## 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
	CLIMBING
	1500-1700 @ ASW
	BOCCIA
	1015-1045 @ ASW
<b>THUR</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  
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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  
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01738 877 380



**Alexander Weir**  
Mental Health Coordinator  
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07967 170 090



**Becky Angus**  
Additional Support Officer  
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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](#)

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