Everyone has mental health and it can fluctuate over time so it needs taking care of in the same way that we monitor and take care of our physical health. There are lots of things to try that can make you feel mentally healthier; please don't feel you just have to put up with poor mental health. Early intervention if mental health declines is important because it can prevent crises and helps recovery so seek help early if you notice changes in your own behaviour e.g. withdrawing from social contact. It's a sign of strength to know when you need help. There should be no shame in seeking support for your mental health and seeking help won't be recorded on your academic transcripts or mentioned in references that staff write for you. Here are some quotes from your peers who sought help when their mental health declined, 'Having a chat with someone who really understands was amazing.' 'It really helped knowing that I could turn to someone to talk to.' 'Mental health really is vital.'

Equip yourself to live life well at Imperial and beyond by browsing Imperial's student space, the College's Health and Wellbeing pages and our library of self-help guides. Lots of the mental distress that we see in students could be reduced by students developing strategies to address feelings of unhealthy perfectionism and the damaging constant self criticism it produces, procrastination and imposter syndrome. Working at achieving a good study/rest of life balance (including allowing yourself time for fun) is also very important for your health and quality of life. Plan several positive things to do when you next feel stressed e.g. 'phone a friend, go for a walk, listen to some music you love...

The Student counselling service and the College Health Centre run workshops to help you develop strategies to support your own wellbeing e.g. with stress management, mindfulness and self-esteem; these will be posted here and here as they are organised. There are apps to help you practise mindfulness that many people find useful e.g., Headspace and buddhify.

Events at Imperial linked to national mental health campaigns such as Time to talk day will be advertised in announcements on Blackboard and/or around College.

If you are worried about your own mental health or that of someone you care about, there are many people who can help and give support.

Note: If you are worried that someone is in immediate danger, please call College security on 4444 (42444 Silwood Park) or 020 7589 1000 from a mobile (020 759 42444 at Silwood Park) and they can help you and guide emergency services to you. It’s a good idea to put these numbers in your ‘phone now. If you are outside College, please call 999.

Non-emergency mental health support within College includes:

The Student counselling service (alternative sources of counselling help are listed on their site too), the College Health Centre, Nightline, your Doctor, ‘GP’ (who you can change if you find them unhelpful)
Talking things through with your personal tutor, women's tutor (if your Department has one), senior tutor or postgraduate senior tutor, undergraduate liaison/student experience officer, hall wardens and subwardens and any other member of staff who you find approachable, The disability advisory service (e.g. they can refer you for study mentoring support), International student support, the student union advice centre, the chaplaincy (for all faiths and those with no faith) and Faculty Senior Tutors, The student hub can help with worries about accommodation and student finance support can offer advice and support over money worries.

College has 280+ mental health first aiders (MHFAs) (some of FoNS' MHFAs are shown here) who are trained to listen non-judgementally and guide you to sources of help and support. You can talk to any MHFA from anywhere in College. DoLs' MHFAs include: John Pinney, Linda Giorgi, Moira Sarsfield, Magda Charalambous, Anita Hall, Stephen Curry, Steve Connolly and Julia Schroeder (at Silwood).

We all know it is not always easy having that first conversation about your feelings and mental health, Mind has some resources to help here including this guide

You can help each other too, see for example, Supporting your friends through University, A Student Minds resource and 5 simple ways to support a mate with a MH problem

And outside College:
The Samaritans are always there to listen non-judgementally (about any worries, you don't have to be feeling suicidal to call them, there is a 9am – 9pm walk in centre at 46 Marshall Street London, W1F 9BF)

Talking to someone who has been through similar experiences and feelings can be very useful for example:

You can talk to someone at Maytree or HOPELine UK if you are having suicidal thoughts or if you want advice about how to support someone who is Stay Alive, a suicide prevention app with links to support, strategies for staying alive and the ability to assemble a 'LifeBox' of your own photos Support after suicide can help those affected by suicide

student minds, The UK's student mental health charity e.g. for advice on reducing exam stress, Anxiety Uk see their Student_guide_to_anxiety.pdf see also No Panic and Mind's Self Care for Anxiety and Panic Attacks online course
Students against Depression I think this is a very good animation about what depression feels like and how to recover

Mind’s guide to self care when depressed
Mind e.g. see their advice about raising self-esteem The NHS has advice on this too
The mental health foundation e.g. see their advice on self-harm
Campaign against living miserably ('CALM') for men with depression or who are in crisis, very good to talk to about masculinity and the pressures men can struggle with

Bipolar UK
Alcoholics anonymous
If you have been affected by someone else’s drinking, there is Al-Anon
Narcotics anonymous
Beat, The UK's eating disorder charity
Seed, UK eating disorder support service
Cruse can provide support after bereavement

There can be cultural aspects to mental health e.g. interpretation of symptoms and/or the level of stigma people face and there are specialist organisations that will be aware of these cultural aspects; for example, there is the Chinese Mental Health Association in London.

If you have caring responsibilities, there is advice and support available e.g. from The Carers Trust and Hope/Student Minds
If you are undergoing gender transition, there is support available from e.g. IQ (Imperial College Union LGBT+) and GIRES
If you want to support a friend who is going through gender transition, there are useful tips and links here

If you are in a damaging relationship, there is support available e.g. from Women's Aid and Mankind Initiative

If you have been sexually assaulted, there is support available from e.g. The Havens Paddington and The Survivors Trust. Several members of College staff are currently also being trained to best support students who’ve been sexually assaulted and their contact details will be added here when available.

If you have suffered a crime and would like some support and guidance on what to do next, College’s completely independent crime and investigations officer, Nigel Ward can be contacted on 020 7594 8176. You can also contact Victim support (https://www.victimsupport.org.uk/), they have a free 24/7 support helpline on 08 08 16 89111.