ABOUT US

The Mental Health Club provides a mental healthcare intervention to university students who find themselves feeling overwhelmed, lost, stressed, sad, anxious, depressed or just needing to talk with someone about the pressures they are feeling from various areas of life.

All Friendship Bench Buddies have been trained in problem solving therapy by the clinical team of the evidence based Friendship Bench intervention.

OUR SERVICE

We offer free problem solving therapy sessions for students in need of support. We work with you to find manageable solutions to problems affecting your wellbeing and preventing you from achieving all you want in life.
WHY SEEK HELP?

Everyone has times in their life when they feel overwhelmed and stressed out. People seek help when they feel that they can reduce their stress and better manage their life by talking to someone who is objective, caring, supportive and confidential.

WHAT DOES IT COST?

There is no fee for any of the services provided by the Mental Health Club.

IS IT CONFIDENTIAL?

Everything that students share with a Buddie is held in confidence. No information is released to college staff, parents or to outside agencies beyond the Friendship Bench Programme without the student’s written consent, unless they are a danger to themselves or others, by court order or as required by law.

HOW DO I MAKE AN APPOINTMENT?

Students can set up an appointment by talking to a member of the Mental Health Club, or via sms or e-mail (details in panel below).

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ACADEMIC INDICATORS

- Repeated absences from class
- Missed assignments or exams
- Drop in normal quality of work
- Erratic performance
- Despair or confusion
- Disproportionate response to grades or evaluations
- Continually seeking extensions
- Not caring about grades or their academic future

BEHAVIORAL & EMOTIONAL INDICATORS

- Direct statements indicating general distress, family and or relationship conflict, grief and loss, economic hardships
- Angry, hostile or irritable outbursts
- Withdrawal or isolation
- Expressions of hopelessness or worthlessness
- Crying or tearfulness
- Expressions of severe anxiety
- Shakiness, tremors, fidgeting or pacing
- Lack of response to outreach from friends

PHYSICAL INDICATORS

- Deterioration in physical appearance or personal hygiene
- Excessive fatigue, exhaustion; falling asleep in class repeatedly
- Changes in weight, appetite or sleep
- Noticeable cuts, bruises or burns
- Frequent or chronic illness
- Disorganized speech or confusion
- Unusual inability to make eye contact

“...the more indicators you notice, the more likely it is that you or a friend needs help.”