

# MENTAL HEALTH

**It's OK not to be OK. Taking care of your mental health is a sign of strength, not weakness.**

**Your mental health is just as important as your physical health. Take care of yourself:**

- Stay connected - reach out to friends, family and college for support
- Exercise regularly - physical activity boosts your mood
- Eat well - nourish your body with healthy food
- Get enough sleep - aim for 7-9 hours per night
- Practice mindfulness - breathing exercises may help

**Worried about your mental health or someone else's?**

Speak with a Wellbeing Advisor on campus, ask any member of staff for guidance.

Download the **'Wisdom'** App for 24/7 wellbeing support. Track your wellness, improve your mental health and it can help you stay resilient through tough times. Call their helpline on **0800 028 3766**.

**Signs that someone is struggling with their mental health:**

- Persistent sadness or anxiety
- Loss of interest in activities
- Changes in sleep or appetite

**Remember: you are never alone - help is always available**

If you are worried about yourself or someone you know, please get in touch with the Safeguarding Team or email [safe@wiltshire.ac.uk](mailto:safe@wiltshire.ac.uk)