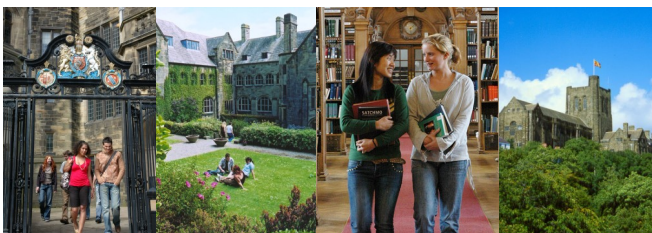




# Students Supporting Students

The Mental Health Advisers offer drop-in support sessions for students who are supporting other students. If you are worried about the mental health of a fellow student and would like to talk to someone in confidence, please contact [mentalhealthadviser@bangor.ac.uk](mailto:mentalhealthadviser@bangor.ac.uk)

**This leaflet is available in alternative formats.**



Students may find themselves in the role of invisible carers, providing a considerable level of informal support to a fellow student. However, remember you are not responsible for other students.

It is very important for helpers to remain aware of their own needs and limitations and to get help for themselves. The Mental Health Advisers can offer support and advice on this. Being there for someone else is part of our humanity and helps to make the world a better place, but supporting another person can be emotionally exhausting and frustrating, and may cause anxiety, leading to resentment and anger.

### **Follow these 5 steps to maintain your own well being and make it easier to support others:**

1. Be realistic about what you can offer.
2. Remember your responsibility to look after yourself. Don't feel you have to prove what a good friend you are by always putting your friend's needs ahead of your own.
3. Help build a support network. It is not a good idea for you to be your friend's sole or main source of support. The burden could be too great for you, and you could also lose objectivity. Make it clear to your friend that it is important he or she has others to turn to as well, and that you have someone to confide with when needed.

4. Encourage your friend to seek professional help.

If they don't think seeking help will be useful, encourage them to keep an open mind: they won't lose anything by going for an exploratory session with a counsellor, and it might make a difference.

If they are scared to contact anyone for help, you could offer to stay with them while they phone their GP or the counselling service. They may also appreciate the offer to walk with them to their appointment, if you feel able to do so.

5. Get some help for yourself - when you are in a difficult situation and unsure how to manage it, having someone to share with can make all the difference.