

Digital communications pack: support for students over the winter break

**STUDENT
SPACE**

is run by

**student
minds**

the UK's student mental health charity.

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What is Student Space?


Student Space is here to make it easier for students to **find the support that they need**. Whether it's their mental health, studies or relationships. We are here to support students 24/7 through the uncertainty of student life.

The platform support students in three key ways:

- Sharing [Information, tools](#) and [student stories](#) on navigating university life
- Helping students find what [support is available at their university](#)
- Providing access to dedicated [support services](#).


Support services ▾ Advice and information ▾ Student stories Support at your university About Student Space

Support through the uncertainty of student life

 **If you need support now, text SHOUT to 85258**
[Other ways you can get support](#) →

Advice and information


Expert information and advice to help you through the challenges of student life.



Mental health and wellbeing →

15 RESOURCES


Find out what you can do to look after your physical and mental health.



Settling into University →

5 RESOURCES

Settling into university can be difficult. Discover ways to help settle into university and enjoy your experience.



The Winter Break →

9 RESOURCES

Make the winter break work for you, whatever your plans or circumstances.

Support through the winter break

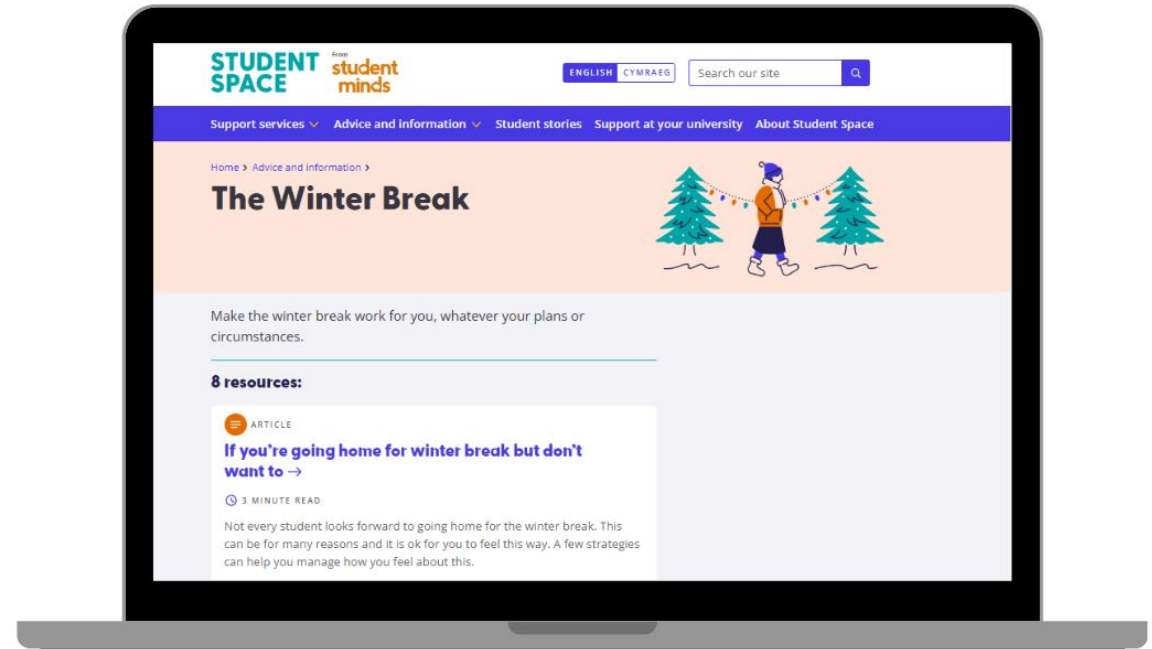


Support through the winter break

We know that this time of year can be particularly difficult for students.

- Darker evenings and colder weather
- Assessments, deadlines & exam periods
- Pressure to attend social events
- Navigating dynamics of being at home/at uni over the holidays
- Changes that come with winter break

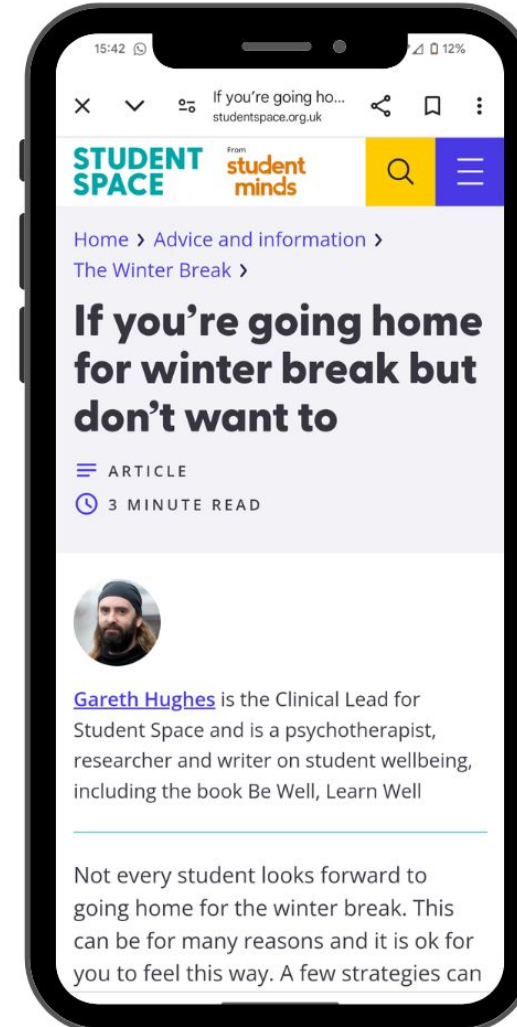
We are here to help students navigate these difficulties and make the winter break less challenging, whatever their plans or circumstances.



Support through the winter break

Student Space has a range of [support available for students during the holidays](#). Below are some useful links to share with students for over the winter break:

- [Making the most of your time at home](#)
- [If you're going home for Christmas but don't want to](#)
- [Staying at university over the Christmas break](#)
- [The role of sunlight in your wellbeing](#)
- [Preparing to go back to university](#)

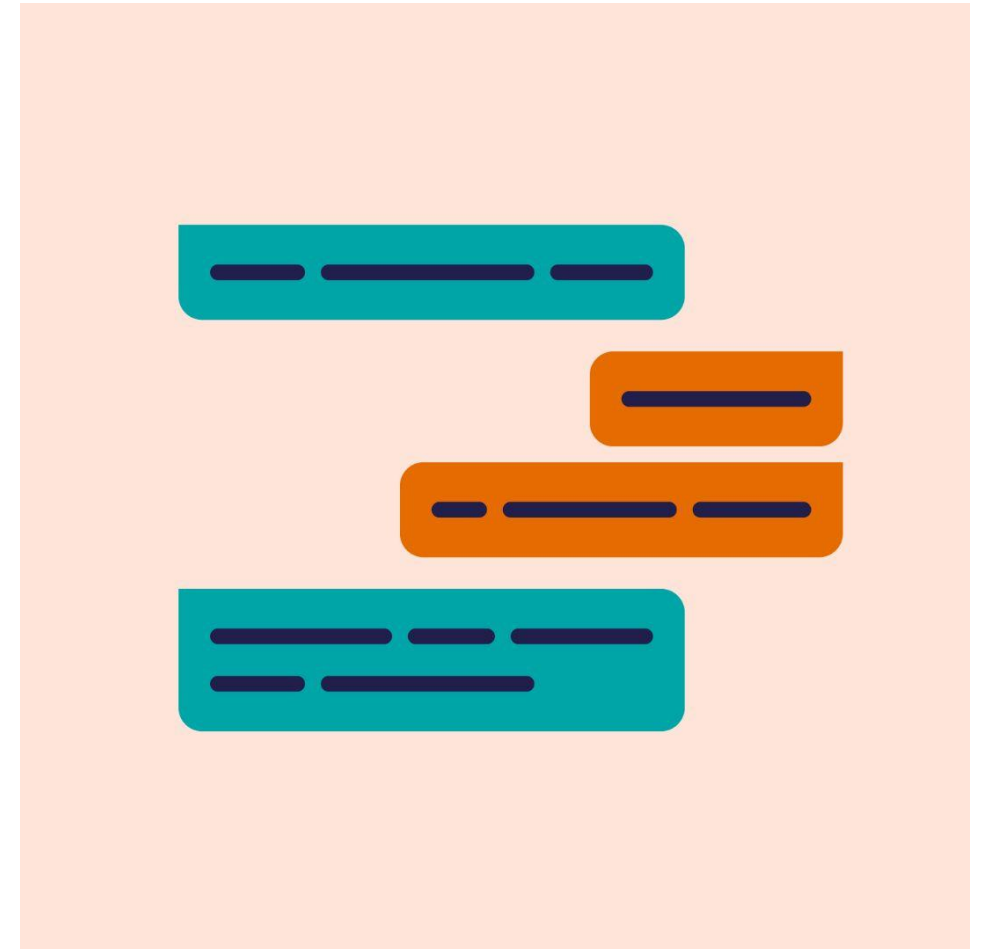


Support services over the winter break

We understand that many universities close or greatly reduce their support services over the winter break. Because of this it can be difficult for students to decide who to reach out to and where to find help during this time.

Here are support services which are open over the break and can help students in need:

- [Shout - Text support line](#) (Open 24/7)
- [Samaritans - Phone/Email support line](#) (Phone line open 24/7 - Email support can take several days)
- [Welsh Phone line & Text support](#) (Open 24/7)



Sharing the support available

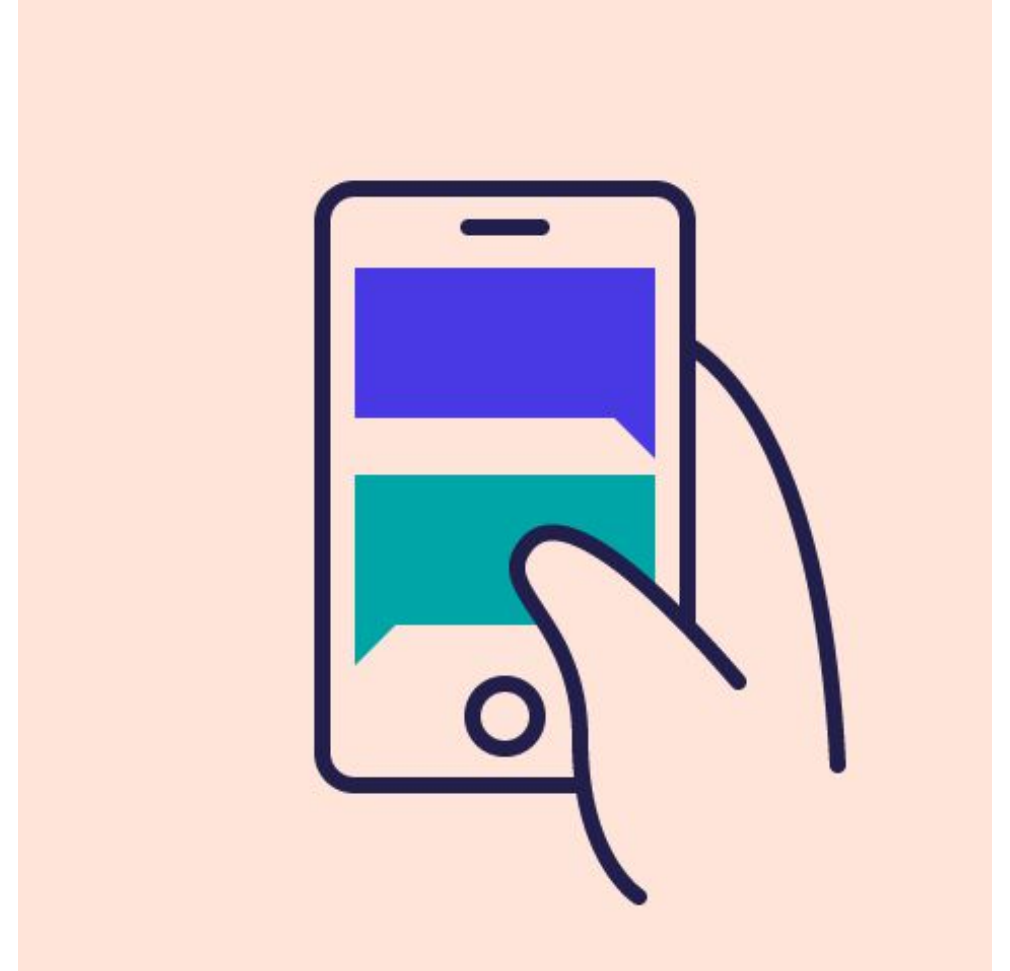


Top 3 ways to share Student Space

Sharing Student Space helps to increase the impact that it can have in supporting students to access the help they need over the winter break.

Our top 3 recommendations for sharing are:

1. Share on social media
2. Send an email/newsletter/text
3. Signpost to Student Space on your website



Student Minds' social media

Please don't forget to tag us when sharing support for students over the holidays so that we can engage with and boost your posts.

However, please keep in mind that Student Minds' winter closure is **from the 21st of December to the 6th of January**, so we will not be able to respond during that time period.

Our socials:

- Instagram: [@StudentMindsOrg](#)
- Facebook: [Student Minds](#)
- Twitter/X: [@StudentMindsOrg](#)
- LinkedIn: [Student Minds](#)
- Tik Tok: [@StudentsMindOrg](#)

Find us on:



Messages to share



Examples of social media messages

- Worried about going home for winter break? @StudentMindsOrg are here for you with tips on how to deal with going home if you don't want to:
<https://studentspace.org.uk/wellbeing/if-youre-going-home-for-winter-break-but-dont-want-to>
- Staying at uni for winter break? You are not alone. @StudentMindsOrg have advice on how to make sure that you'll be okay:
<https://studentspace.org.uk/wellbeing/staying-at-university-over-the-winter-break>
- You're not alone, @StudentMindsOrg is here for you through the winter break to help you at every and any stage: <https://studentspace.org.uk/wellbeing/the-christmas-break>

If you share one message in support of Student Space, please share this:

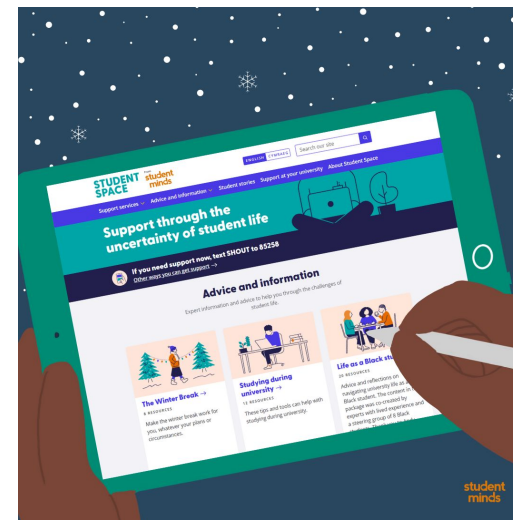
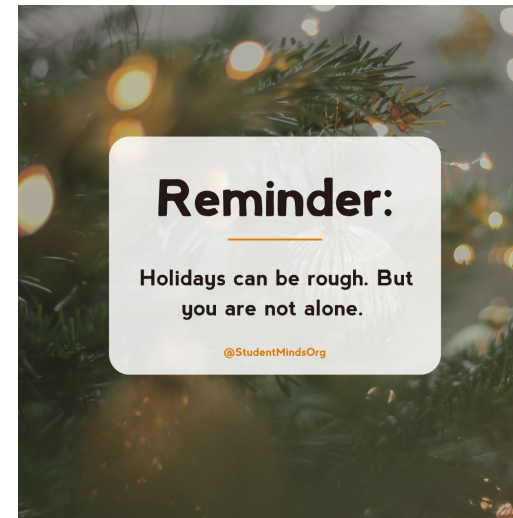
It's okay if you're not feeling merry over the winter break. Student Space run by @StudentMindsOrg is here to support you 24/7 over the holidays. Visit: studentspace.org.uk

Download assets

We have a range of images for you to use to help you share Student Space over the winter break:

- This includes images [translated into Welsh](#)
- Our Google Drive folder is updated regularly with new images for you to use
- If there is an image/asset you'd like to see included let us know

[Access our social media assets](#)



General social media messages

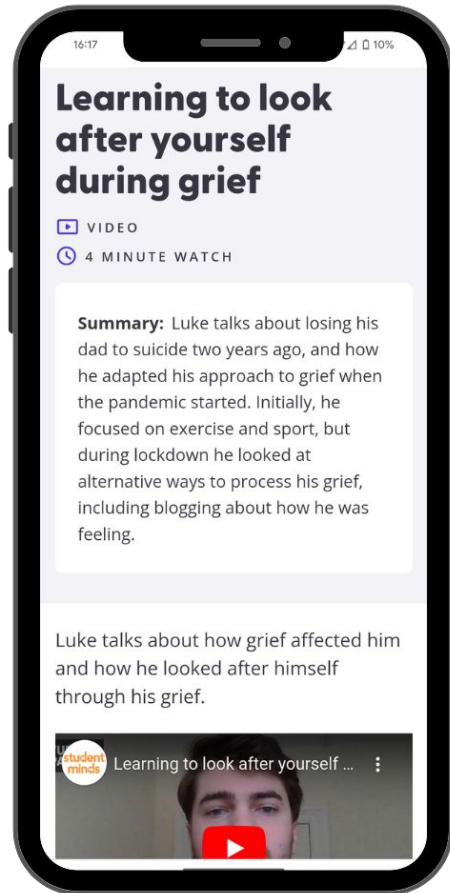
General promotion

- Student Space run by @StudentMindsOrg is here to help with any problems that you may have this time of year, visit: studentspace.org.uk
- Student life not all it's cracked up to be? Don't worry, @StudentMindsOrg understands and are here to help you navigate the uncertainties of student life. Check out studentspace.org.uk today!

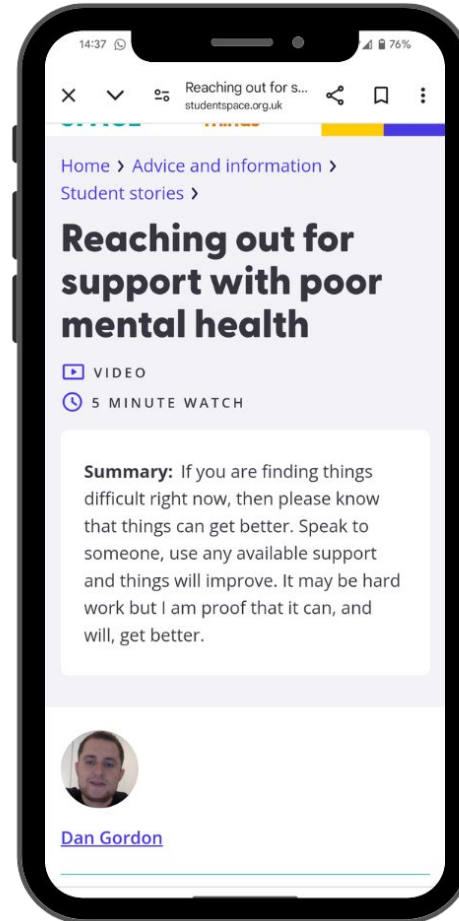
Resources, tools and information

- StudentSpace run by @StudentMindsOrg shares expert information and advice to help you through the challenges of university life, visit: studentspace.org.uk
- If you're worried about money this winter, Student Space run by @StudentMindsOrg has advice on managing your finances, visit: <https://studentspace.org.uk/wellbeing/money>

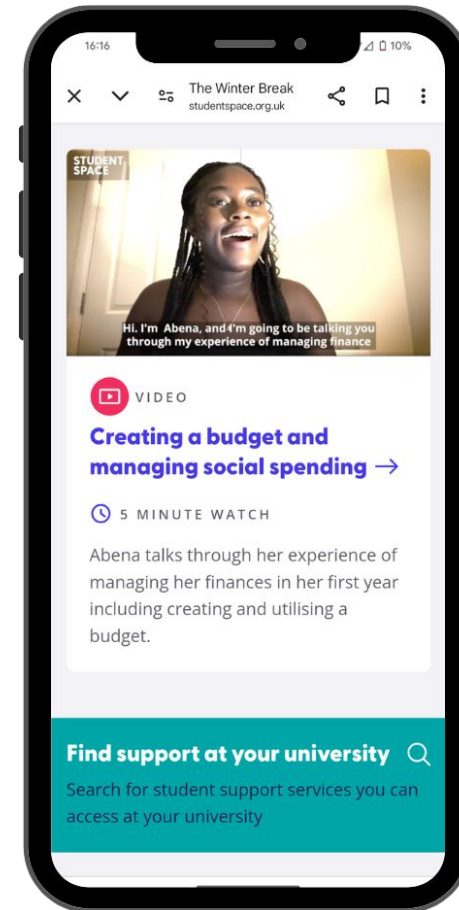
Student stories



[Learning to look after yourself during grief](#) - Luke



[Reaching out for support with poor mental health](#) - Dan



[Creating a budget and managing social spending](#) - Abena

Student stories

“
My family is the Christmas gift you say you love with an abnormally high-pitched voice and a festively plastic smile. We are tightly wrapped, us four, in our own awkward packages, and the doors are closed.

[The Family Conundrum](#) - Artemis

“
I always remind myself that my old routine will return soon enough! Before I know it, the holidays will be over, my classes will recommence, and my friends will return!

[Looking After Yourself](#) - Emily

“
Being surrounded by advertisements, Christmas markets, even daily emails surging into my inbox, I can feel a great deal of pressure to buy gifts for the people I love.

[Mental Health over Christmas](#) - Tazmin

“
Sometimes those who suffer with SAD might feel as though they are on their own, which is understandable. However, sharing your experiences can help you to feel less alone and find people who can empathise and support you.

[Seasonal Affective Disorder – beginning to prepare for winter](#) - Emily

“
How you look after yourself over the break is individual to you but it is also very important to remember that you are never alone. There are always services and helplines out there if you do need support.

[Looking After Yourself](#) - Tayyibah

“
Just remember the sheer stress of the holidays can be too much for anyone, regardless of whether you are experiencing mental health difficulties, the holidays aren't always easy, but you are not alone.

[Give the gift of self care this Christmas](#) - Grace

Newsletter

We know that winter break can be difficult for a range of reasons, but you are not alone. Student Minds is here to support you 24/7 with [winter related advice](#).

If you need any help, please contact support services through [text, phone or email](#).

It's okay to not be okay, we understand.

Email

Hello [name],

Student Space (run by Student Minds) is here to help support you 24/7 throughout the winter break. Explore their [winter break advice](#):

- [Making the most of your time at home](#)
- [If you're going home for Christmas but don't want to](#)
- [Staying at university over the Christmas break](#)
- [The role of sunlight in your wellbeing](#)
- [Preparing to go back to university](#)

If you or someone you know could use help, please reach out to these [support services](#). Remember, you are not alone this winter break.

Best wishes,

Additional considerations during this time of year

When sharing any messaging only referencing “Christmas” and “Xmas” can be excluding of those who celebrate other holidays over this period or don’t celebrate anything at all.

Other key holidays:

- Bodhi day (8th December)
- Hanukkah (25th December - 2nd January)
- Las Posadas (16th - 24th December)
- Kwanzaa (26th December - 1st January)

Some inclusive terms you can use:

- winter break
- the festive period
- winter season
- holiday season



Other support available to students

University directory

Over the winter break your students may use our [university directory](#) to find out what support is available to them at your institution. Please ensure your entry is up to date so that they are receiving accurate information

Is your information correct?

Please ensure your entry is up to date so that they are receiving accurate information.

Find support at your university

Find support services provided by your place of study

Your place of study might provide mental health and counselling support teams, student advice services, support networks and other resources. Wherever you seek support, it's important to remember that if it isn't quite right for you, that's okay – you can try something else.

Please note that our list includes higher education providers from the UK only.

Search by university

Thank you for your support!

**Together we can ensure students
get the help that they need
during the winter break.**



If you have any questions or would like support with sharing your service get in touch with our Communications Lead:

Grace Anderson

(comms@studentminds.org.uk)

**If you have general questions about
Student Space please contact:**

studentspace@studentminds.org.uk