

# MENTAL HEALTH AWARENESS WEEK

## Schedule of events



ORGANISATIONS ATTENDING	EVENT DESCRIPTION	WHAT TIME? WHERE?	RESPONSIBLE/ CONTACT
<b>Monday 15<sup>th</sup> May</b>			
Trident Reach	Trident Reach supports people who have suffered Domestic Abuse, Health and Wellbeing, Home Care, Homeless Services, Mental Health and Learning Disabilities.	11.30am - 1.30pm The Street	Jessica Stephenson
My Time	Counsellor – Saghir Shah will be on the street raising the profile of My Time counselling services, providing resources on MH, booking students for appointments and taking any new referrals.	11.30am - 1.30pm The Street	Kristina Taylor
Raja Jagirdar (Student Liaison Officer)	Graffiti board. Encouraging students to express their views on anxiety and depression. By placing a comment on how they cope or overcame these issues.	11.30am - 1.30pm The Street	Raja Jagirdar
<b>Tuesday 16<sup>th</sup> May</b>			
Aquarius	Aquarius provides support for Alcohol, Drugs, Gambling and Family Support.	11.30am - 1.30pm The Street	Jessica Stephenson
Living Well Consortium	To shape the design and development of health and wellbeing services in a way that will enable everyone to have the capacity and confidence to choose positive health and wellbeing.	11.30am - 1.30pm The Street	Kristina Taylor
Raja Jagirdar (SLO)	Graffiti board. Encouraging students to express their views on anxiety and depression. By placing a comment on how they cope or overcame these issues.	11.30am - 1.30pm The Street	Raja Jagirdar
<b>Wednesday 17<sup>th</sup> May</b>			
Living Well Consortium	To shape the design and development of health and wellbeing services in a way that will enable everyone to have the capacity	11.30am - 1.30pm The Street	Kristina Taylor

	and confidence to choose positive health and wellbeing.		
Urban Fitness	Healthy lifestyle information Sheets Free Fitness Consultations 1 day free gym passes to give away Fitness MOT	11am – 1pm In the Street	Raja Jagirdar
Raja Jagirdar (SLO)	Graffiti board. Encouraging students to express their views on anxiety and depression. By placing a comment on how they cope or overcame these issues.	11.30am - 1.30pm The Street	Raja Jagirdar

## Thursday 18<sup>th</sup> May

The Thrive Programme	Thrive teaches adults and children about overcoming a variety of psychological symptoms or problems such as: anxiety, depression, phobias, fears, social anxiety, low self-esteem, stress and weight issues.	10am – 11am 11am -12 Cinema Room Staff and students welcome to drop in	Jessica Stephenson
Living Well Consortium	To shape the design and development of health and wellbeing services in a way that will enable everyone to have the capacity and confidence to choose positive health and wellbeing.	11.30am - 1.30pm The Street	Kristina Taylor
Urban Fitness	Healthy lifestyle information Sheets Free Fitness Consultations 1 day free gym passes to give away Fitness MOT	11am – 1pm The Street	Raja Jagirdar
Nisha Sora Teaching Staff	I have a lot of experience working in Mental health services and have an academic background in Psychology. Figures show anorexia and bulimia are on the rise. More and more individuals are being diagnosed with different types of eating disorders I will deliver a presentation on eating disorders.	1pm - 2pm Cinema room Staff and students welcome to drop in	Raja Jagirdar
Raja Jagirdar (SLO)	Graffiti board. Encouraging students to express their views on anxiety and depression. By placing a comment on how they cope or overcame these issues.	11.30- 1.30pm The Street	Raja Jagirdar

### Useful Contacts

#### Samaritans

[www.samaritans.org/branches/birmingham-samaritans](http://www.samaritans.org/branches/birmingham-samaritans) - 0121 666 6644 (local call charges apply) - National telephone: 116 123 (this number is free to call) Email Samaritans: [jo@samaritans.org](mailto:jo@samaritans.org)

#### Gateway Health Trainers

offer up to six FREE one-to-one advice and support sessions with your own Health Trainer. If you would like to use the Health Trainers service, call 0121 456 7820 to find out if you are eligible. Or email them on: [info@gatewayfs.org](mailto:info@gatewayfs.org)

#### Birmingham Healthy Minds

You can refer yourself by calling 0121 301 2525. [www.bsmhft.nhs.uk](http://www.bsmhft.nhs.uk)

#### Health Watch Birmingham

[www.healthwatchbirmingham.co.uk](http://www.healthwatchbirmingham.co.uk) or call 0800 652 5278

#### PAPYRUS Prevention of Young Suicide

<https://www.papyrus-uk.org/>

Tel: 01925 572 444



*The Welfare Team raises...*  
**AWARENESS**  
**ON MENTAL**  
**HEALTH**

**15<sup>TH</sup> – 18<sup>TH</sup> MAY 2017**

For more information contact the Welfare team: Raja, Kristina and Jessica in the Funding & Welfare office opposite Starbucks. Tel: 0121 477 1580/ 1765 & 1437