



Pressure Points

Provide support and guidance for your students through the pressure points of university life

Pressure Points provides flexible, online support for undergraduate and postgraduate students struggling with the pressures of university life. The ONS's student COVID-19 Insights Survey showed that COVID has had a detrimental impact on student mental health. It is reported that 17% of students have struggled with loneliness, compared to 7% of the rest of the population, and more than a third reported a decline in their mental wellbeing. This has further strained student service teams who were already under pressure pre-pandemic. Pressure Points addresses key issues students are dealing with in light of the pandemic, enabling university wellbeing teams to focus on complementary in-person initiatives and supporting students in crisis.

Modules can be delivered in bite-sized chunks at the point of need or at key times in the university calendar. Myth-busting techniques and real student voices debunk common misconceptions and reduce barriers to accessing support. Each module signposts to additional support and provides suggestions for in-person activities.



Programme modules and content

Pressure Points is designed for all students, including undergraduate and postgraduate students, from pre-arrival to transitioning out of higher education. Modules are approximately thirty minutes in length, totalling two hours of content. The module breakdown below is provisional and therefore subject to change.

MODULE 1

Managing stress as a student

- What do we mean by stress in student life?
- Assessment and performance stress
- How well do you look after yourself?
- Practicing basic stress management
- Authentic belonging and resilience

MODULE 2

Identifying and managing problematic anxiety and depression

- What do we mean by anxiety and depression?
- Recognising unhelpful coping strategies
- Building healthier coping habits
- When, how, and where to get help

MODULE 3

Understanding self-harm

- Self-harm: an introduction
- Early warning signs for self-harm
- What leads to self-harm?
- Self-support
- The importance of speaking to others
- Personal support plan

MODULE 4

Understanding suicide and seeking support

- Developing awareness of suicide risks
- Risks of thoughts turning into action
- The importance of speaking to others
- Self-support at times of crisis
- How can we contribute to a suicide-safer community?

Meet our Lead Advisor

Dr Dominique Thompson is a multi-award winning GP, national mental health expert, TEDx speaker, author and was Director of the University of Bristol Students' Health Service from 2010-17.

After 17 years as a GP, Dominique has now launched her own student health and wellbeing consultancy, to assist universities, the NHS and other organisations in improving their student support offer.



Find out more: www.epigeum.com/courses/support-wellbeing/pressure-points/

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