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 and student pressures

- What do we mean by stress in student life?
- Study, assessment and performance stress
- How well do you look after yourself?
- Practicing basic stress management
- Building support networks
- Finding your belonging

**MODULE 2**
Identifying and managing anxiety and depression

- What do we mean by anxiety and depression
- Recognising unhelpful coping strategies
- Building more helpful coping strategies
- Where, when and how to get support
- Seeking and offering support

**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 risk
- Risk of thoughts turning into action
- The importance of speaking to others
- Self-support at times of crisis
- Looking out for others

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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