



Pressure Points

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

Pressure Points will provide flexible, online support for undergraduate and postgraduate students struggling with the pressures of university life. The 2023 study by TASO and The Policy Institute showed that 1 in 6 undergraduates are reportedly experiencing mental health issues. Pressure Points has been designed to provide foundational support on low level wellbeing issues to all students from pre-arrival through to transitioning out of university. The programme looks at key topics that matter to students when navigating life at university, especially in the context of a world which can feel challenging.

Pressure Points will help students to build self-insight, understand that they are not alone in experiencing challenges in their academic or personal lives, and develop the confidence to address the issues.

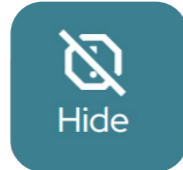
Modules can be delivered in bite-sized chunks at the point of need or at key times in the university calendar. Myth-busting techniques and real student voices will debunk common misconceptions and reduce barriers to accessing support. Each module will signpost to additional support and provide suggestions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





A Safe Space to Learn

Using the content warning, learners have the power to control what they see.



Reduce Risk of Escalation

Course supports mental health and wellbeing within institutions, reducing the risk of escalation.

Managing stress and student pressures
How well do you look after yourself?



We have seen that optimal performance relies on us being able to manage some pressure without slipping over into strain or burnout. This means knowing how to take care of ourselves, rest and recharge. Familiar routines and supportive relationships provide soothing emotional security to help us manage our stress levels and feel more in control.



Students say

How well do you take care of yourself? Select an option and then select each of the pinpoints to consider a range of strategies and habits to help you manage the pressures of student life and perform at your best.



General self-care



Healthy study habits

How many of these self-care and study habits reflect what you currently do? Have you been inspired to try something different to boost your wellbeing and study success?

It can sometimes feel overwhelming to be given so many suggestions. Building new habits takes time, and it is better to start with small, manageable steps. The action plan activity at the end of this module will give you a chance to reflect and plan small changes to start making a difference.



Useful links

Language and Tone

Non-judgemental, positive language avoids stereotypes and bias.

Digital delivery and blended approach

Universities can ensure consistent levels of baseline support are available for students, regardless of location.

Blended learning complements the online component, facilitating a detailed exploration of topics and key issues through in-person initiatives.

Peer Support and External Resources

Content includes tips for supporting friends and encouraging students to put guidance into practice, with updated supporting third-party links and additional assistance.

Select the characters, each of whom are at different points in their mental health distress, to read about their experiences of suicidal thoughts and actions. Then consider the summary.

Amy has experienced suicidal thoughts
It's not all the time, but there are times when something happens, like when I get lower essay mark than expected and I just can't cope with it. The world seems to come crashing in and I feel like I am not good enough. I just can't see the point of going on and think no one would miss me. I sometimes think about what I would do to end my life. But then, when those feelings pass, I think and feel less panicked and I am so relieved I didn't do anything.



Summary



I want to seek help

The overall message is that such thoughts are often temporary, and talking to someone else can really help, even if someone is considering taking harmful actions.

Select each statement to consider some of the common misunderstandings and myths associated with suicide which can get in the way of us seeking support or supporting someone else.

There's no point asking someone if they are suicidal, they won't tell you and you could even put the idea into their head.

Only people with serious and visible signs of mental health difficulties want to end their lives.

Those who say they are going to end their lives by suicide rarely actually do so.

If someone tells you they have a plan to end their life but says it's a secret, you shouldn't break their trust or try to stop them.

Concise

Bite-sized content reduces the time burden on students and allows the flexibility to dip in and out.

Scenario-Based learning

Using a preventative, proactive approach, there is a focus on building self-awareness to help students understand they are not alone in their experiences.

Collaboration

Pressure Points was created through collaboration with a range of subject experts and students.

Myth Busting

The programme is designed to engage the learner and debunk common misconceptions.

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 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/

Request a free trial or more information: epigeum@sagepub.com