

LEAFLET

"Difficult behaviors and emotions - what to do and how to deal with them. Mental well-being of students. Disabilities are around us"

- FREQUENCY OF MENTAL PROBLEMS AMONG STUDENTS IS HIGHER THAN IN THE GENERAL POPULATION
- 26% OF STUDENTS REPORTED BEING SO DEPRESSED THAT IT IS DIFFICULT TO FUNCTION*
- 43% OF STUDENTS REPORTED BEING OVERWHELMED BY ANXIETY*

THE MOST COMMON MENTAL HEALTH PROBLEMS AMONG STUDENTS:

1

- stress, depression, anxiety disorders, eating disorders, addictions, adjustment disorders
- low self-esteem, suicidal thoughts, self-harm, difficulties in relations with peers, homesickness, stress connected with entering adulthood, low empathy and discrimination for people with disabilities

WHY CAN WE EXPERIENCE SOME MENTAL HEALTH ISSUES DURING STUDIES?

2

Studies it is the period of life when we usually experience the greatest stress due to:

- making many important decisions for our future life
- facing many development challenges e.g: becoming independent from parents, learning how to life as an adult, developing a professional career, starting a family
- Having challenges related to University life: a new mode learning, lecturers expectations, exam stress, leaving the family home, making new friends

WHEN IS IT WORTH TO SEEK SOME HELP:

3

- whenever you feel you need it
- when changes in your mood and mental well-being last for several weeks,
- when your mental state disturbs your everyday functioning

VARIETY OF MENTAL HEALTH SUPPORT:

4

PSYCHOLOGIST:

A person who will give you short support or share information in the area of mental health.

PSYCHOTHERAPIST

A person who will provide you with long psychological assistance and can help in solving psychological problems.

PSYCHIATRIST:

A doctor who can diagnose mental health problems and, if necessary, prescribe medications.

5

HOW TO REACT WHEN YOU NOTICE CHANGES IN BEHAVIOR AND WELLBEING OF YOUR FRIEND?

What to do:

- Assure a friend that you are here for him/her and that you are supporting him/her.
- If your friend does not want to talk, sometimes it is good to sit together in silence - showing our support and commitment
- First listen then act
- If your friend's behavior is very disorganized, you feel that his/her life or health is in danger - call an ambulance

Try not to:

- formulate diagnosis,
- give advice forcefully,
- laugh
- say: "you can't cry", "stop crying" or "get it together"

*College Health Association, 2019

FORMS OF PSYCHOLOGICAL SUPPORT FOR ENGLISH-SPEAKING STUDENTS:

- **Student Health Center NZOZ SGGW (Limba Student House) 22 593 14 30 (medical and psychological care)**
- **Crisis Telephone Helpline - 116 123 (psychological support in crisis)**
- **Online psychotherapy conducted in your country of origin**
- **Patient telephone information center, psychological helpline - 800-190-590 (psychological support in crisis)**

MENTAL HEALTH SUPPORT IN STUDENT HEALTH CENTER NZOZ SGGW

What forms of help can I receive in case of my mental health?

- psychological consultations
- support in crisis
- psychological support sessions
- individual psychotherapy sessions
- consultations with a family doctor (basic psychiatric help)

Where this meetings are provided?

- In NZOZ SGGW (in Limba Student House)
- Online
- By phone

How can I make an appointment?

- By phone - 22 593 14 30
- In person

Who can receive help in NZOZ SGGW?

- Students
- PhD students
- SGGW Employees

How this meetings look like?

- Meetings with psychologist or psychotherapist are based on a conversation. You can say as many things as you want to. Don't worry if you don't know what to say and what to begin with. Specialist will also ask you some questions. Remember that psychologists are obligated to keep professional secrecy.