

# It's okay not to be okay

Starting university brings change which can sometimes be difficult to adapt to. It is perfectly normal to feel overwhelmed initially but if you're feeling down, or just want someone to talk to it's important to reach out and get help.

The University's counseling and psychological services offer a range of self-help resources. More information can be found at:

<https://www.gla.ac.uk/myglasgow/counseling/self-help>

## Recommended apps and websites

**Calm:** Calm is one of the top-rated apps for sleep and meditation. Getting a good night's sleep helps lower stress and anxiety as well as boosts mood – <https://www.calm.com>

**Headspace:** Meditation is an effective way to improve focus, reduce stress and increase sleep quality. If you are new to meditation the headspace app is a great way to start with numerous different guided meditations taking you step by step through the meditation process. – <https://www.headspace.com/headspace-meditation-app>

**Living life to the full:** Work through free online courses aimed at reducing stress, and improving mood and resilience. Living life to the full is a great – <https://llttf.com>

## Useful Numbers

**Breathing Space - 0800 83 85 87 -**

Monday-Thursday 6pm to 2am

Friday 6pm-Monday 6am

A free, confidential, phone and web-chat service for anyone in Scotland over the age of 16 experiencing low mood, depression or anxiety

**Glasgow Students' Nightline - 0141 334 9516**

Monday-Friday 7pm-7am

A confidential telephone, text, and online listening and information service run by trained students for the students of Glasgow University, Glasgow Caledonian University, and Strathclyde University.

**Glasgow & Clyde Rape Crisis - 08088 00 00 14**

11am-2pm Monday - Friday

provides support for women and girls who have experienced rape, sexual assault or sexual abuse.

**Samaritans - 116 123**

24hrs

A helpline offering emotional support for anyone feeling down, distressed or struggling to cope

