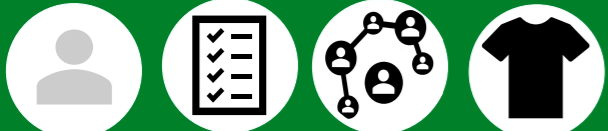


UNDERGRADUATE MENTAL HEALTH AWARENESS

WITH APPROXIMATELY 1 IN 4 UNDERGRADUATES EXPERIENCING MENTAL HEALTH CONCERNS, THIS POSTER EXPLORES SOME OF THE STRESSORS STUDENTS FACE DURING THEIR UNIVERSITY STUDIES.



IS SOMEONE IN YOUR COHORT STRUGGLING?
KNOW SOME OF THE SIGNS*



BEING ABSENT SLIPPING GRADES SOCIAL WITHDRAWAL DISHEVELLED APPEARANCE



POOR SLEEP PATTERNS INCREASED IRRITABILITY CHANGES IN APPETITE INCREASED DRINKING

*Sometimes, the signs are not evident or hard to spot - one of the difficulties is differentiating general student life vs those attributed to depression.

Mental Health First Aid *is* available at our Department!!



FINANCIAL CONCERNS

Managing personal finances, whilst not wanting to miss out on social opportunities with peers can be very difficult. Munich living costs can be very high
Tip: Some universities have hardship funds students can apply for. Budgeting and deciding what is essential, may also help!



AWAY FROM HOME

Being away from home for the first time can be very difficult and fending for yourself independently can be overwhelming.
Tip: Try to schedule regular calls for check-ins with friends and loved ones.



EXAM STRESS

Exam periods often result in increased anxiety.
Tip: Try to treat revision like a job, making time to exercise and eat well

LITTLE FISH, BIG POND



With the increasing size of academic cohorts, you easily feel like "just one of the crowd".
Tip: Academic tutors and teachers are there for *you* and can point you in the direction of help.



JOB PROSPECTS

The fear of what is next can be daunting
Tip: Careers advice is available at LMU to help with the transition.



ISOLATION

With deadlines and coursework looming university work can often be a lonely task.
Tip: Think about joining study groups and university teams/clubs.



FEAR OF MISSING OUT

FOMO as well as peer pressure can lead to a packed schedule with little downtime.
Tip: Sleep deprivation can impact wellbeing. Make sure to take some time for yourself.



LIVING WITH OTHERS

Living with housemates you find difficult can add stress, whether it's loud music at 2am or who takes the trash out.
Tip: Try to have a chat and discuss what behaviour is causing issues and set boundaries.



GRADE PANIC

Being in the top percentages of your school classes, to middling at university can lead to feelings of impostor syndrome and inadequacy.
Tip: Try not to compare yourself with others.

We are here for you! You may contact the MHFA responders directly (contacts available on the website) or write an email to mentalhealth@cup.lmu.de



MHFA
ERSTHELFER
Kurse für psychische Gesundheit



WHAT CAN STUDENTS DO?



SEEK MEDICAL ADVICE

Speak to a medical professional about how you are feeling. This may lead to intervention such as medication or counselling to help you manage your mental health.



REACH OUT FOR HELP

If you feel able, talk to a friend, family member, your personal tutor, or one of your lecturers and let them know you are in need of help. They will be able to provide support and guidance. Your peers will likely be experiencing similar feelings.



FOCUS ON YOU

With the pressure on exams and grades, it is easy to forget that looking after yourself, such as working out, going for a walk and eating well can also help your wellbeing (and often your grades too)



SEEING OTHERS IN DISTRESS

Seeing members of your cohort struggling can be difficult. Sometimes it can be hard to know what steps, if any, you should take. Try to regularly check in with them, and let them know what help is available and encourage them to reach out.

Nightline e.V. Montag bis Samstag, 21:00-00:30 Uhr
089 2316 5656
Telefonseelsorge 24/7
0800 111 0 111
Krisendienst Psychiatrie 24/7
0180 655 3000



Intercultural Counseling, Walking Buddies



Beratungsnetzwerk Studentenwerk



Evangelische Studentinnen und Studentengemeinde, Seelsorge



Katholische Hochschulgemeinde der LMU



Online-Selbsthilfegruppe für Studierende der Campus for Change e. V.



Assistance in Case of Financial Difficulty (LMU Nothilfe)