

MENTAL HEALTH: RECOGNISING THE SIGNS

Mental health looks different in each person...but there are signs you may notice:

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| Constant fidgeting, movement, playing with things | Avoiding eye contact |
| Sitting quietly | Not engaging in group activities |
| Lateness | Missing lessons |

If you or a friend are struggling with classes ask to meet lecturers to:

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| Discuss concerns and barriers | Go through expectations of the lessons/course |
| Help set small, achievable goals | Find opportunities to review after lessons |

These materials provide an overview to help raise awareness and understanding. If you have concerns always speak to a member of staff. For support outside of College hours visit our [Out of Hours](#) page your GP, call 999 or visit A&E. You can also visit the [Student support information](#) or [counselling](#) for a list of support services.