

# 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:

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- 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?

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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:

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- 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:

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### 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.

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## 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)**

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