

# Students encouraged to look after mental health

Thousands of students are beginning a new term at college or university and they are being encouraged to look after their mental health. Students feeling down or under stress should talk to someone they trust and get support.

## **Stress and pressure**

This is a really exciting time for students, but is also a period of huge change. New responsibilities can lead to feelings of stress, such as:

- living away from home
- moving into a new house
- making new friends
- starting a new course

Some students may also need to find a part-time job to help support their studies, which can be an added pressure.

A certain amount of stress is normal but it is really important that students know that looking after their mental health is just as important as looking after their physical health.

## **Information booklet for students**

There is a [booklet for students](#) full of practical tips and information on:

- managing stress
- achieving and maintaining positive mental health and emotional well-being

The booklet covers topics such as money, body image, home life, feeling down, and family issues.

It also contains a list of helpful local organisations and websites which offer support.

The booklet is also available from students' unions.

## **Recognising potential warning signs**

Untreated mental health problems can lead to self-harm and suicide.

Someone who's having suicidal thoughts may not ask for help, but that doesn't mean they don't want help and support. It can be difficult finding the words to express what they are feeling.

You can find out more about what to do if you think someone might be in need of immediate help on the [mental health emergency – if you're in crisis or despair page](#).

## **Lifeline**

You can also talk to trained counsellors at any time by contact the crisis helpline Lifeline at:

## **More useful links**

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## **Important to think about gas safety**

It's Gas Safety Week (18 to 24 September) and everyone is reminded to be 'gas safe'. Badly-fitted and poorly-serviced gas appliances can kill. Make sure all gas appliances are serviced by a Gas Safe Register engineer.

### **Check gas appliances**

Incorrectly installed or maintained heating and cooking appliances can result in the leakage of carbon monoxide – an invisible, odourless poison, which can cause ill health or even death.

Every year, people suffer from preventable gas-related accidents, such as:

- gas leaks
- explosions
- fires
- carbon monoxide poisoning

The signs of carbon monoxide poisoning include: headaches, dizziness, breathlessness, nausea, collapse and loss of consciousness.

Checking appliances regularly for damage and having your boiler professionally-serviced regularly by a Gas Safe Register engineer could significantly reduce the risk of leaks by detecting problems early.

You can get more information at the link below:

If someone other than an engineer on the Gas Safe Register carries out gas work at your home, you could be risking the safety of your family and your property.

# Tips for staying 'gas safe'

To ensure you stay 'gas safe' :

- only use a Gas Safe registered engineer to fit, fix or service gas appliances
- have your gas appliances safety checked every year (if you rent your home, make sure your landlord arranges this)
- ask to see your engineer's Gas Safe Register ID card and check both sides to make sure they are qualified for the work you need doing
- check for warning signs – lazy yellow or orange flames instead of crisp blue ones, black marks or stains on or around the appliance, and too much condensation in the room could be signs your gas appliance is not working correctly
- fit a carbon monoxide alarm – choose an audible alarm which will alert you if there is carbon monoxide (CO) in your home

## Gas leak

If you smell gas and think you have a gas leak in your home make sure you:

- call the 24-hour gas emergency number on 0800 002 001, or if there's a risk to life call 999
- shut off the gas supply at the meter control valve
- open all doors and windows for ventilation
- put out all naked flames
- check gas appliances to see if the gas has been left on unlit or that a pilot is out
- go outside into fresh air

Do not:

- turn any electrical switches, including door entry systems, on or off
- use matches, light naked flames, or smoke
- leave it to someone else to call the emergency services

For all reports of 'smell of gas in cellar':

- do not enter the cellar
- evacuate the entire premises

To turn off your gas supply, you first need to locate the gas isolation valve. In more modern houses, the gas meter and isolation valve are often located outside in a meter box.

## More useful links

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# **Rates discount deadline for landlords**

If you're a landlord, you may be eligible for a discount on your rate bills, but time is running out. Bills should be paid in full by Friday 28 September in order to receive an allowance deduction on your bill.

## **Allowance**

If you have an Article 20 or Article 21 rate account and are responsible for the rates on one or more rental properties which are occupied by tenants, you may be entitled to an allowance of 10 per cent. This is paid by way of a discount on your rate bill.

This discount does not include your residential address, second homes, or personal holiday homes.

If you have a property where the tenant is currently liable for the rates, [you can sign up to a formal agreement](#) for them to pay the rates on the property.

For more information, see the page below:

## **How to pay**

You should allow a minimum of five working days for any payment to reach Land & Property Services (LPS) – this includes if you pay at a Post Office.

You can [pay your rates online](#) or by phone on 0300 200 7801 (choose option one).

## **Difficulty paying and arrears**

Landlords having difficulty paying their rate bill should contact LPS as soon as possible on:

It may be possible to discuss alternative payment arrangements to avoid LPS taking legal debt recovery action.

LPS is actively pursuing landlord accounts with rate arrears. LPS is willing to help any landlord in arrears by agreeing mutually acceptable payment arrangements that could allow a discount to be awarded for current year rates.

## **More useful links**

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# High winds warning – power and travel advice

With high winds forecast for some areas, disruption to traffic or travel could be a consequence. Power cuts are also a possibility. There are things you can do to prepare in case your electricity goes off. There are practical steps you can take if it does.

## **Traffic and travel**

High-sided vehicles are most affected by windy weather, but strong gusts can also blow a car, cyclist, motorcyclist or horse rider off course. This can happen on open stretches of road exposed to strong cross winds, or when passing bridges or gaps in the hedges.

In very windy weather a vehicle may be affected by turbulence created by large vehicles. Motorcyclists are particularly affected, so keep well back from them when they are overtaking a high-sided vehicle.

Motorists are also advised to drive with care due to possible wind-blown debris.

If there are any problems on the roads as a result of high winds, you can get the latest updates on the [TrafficwatchNI website](#).

If you're planning to travel by air or sea, you should check with the ferry company or airline in case there are any delays or cancellations.

## **Preparing for a power cut**

It's important to be prepared for a potential loss of power. You should:

- know where your household fuses and trip switches are so that you can check if the problem is with your electrics only
- test smoke alarms regularly and
- keep a supply of new batteries in torches and radios (for checking updates on news bulletins)
- keep a supply of candles
- if you have a baby at home, make sure you have a supply of pre-prepared formula baby milk (if used) and prepare a flask of hot water to heat bottles and baby food (it is always safer to make up a fresh feed; when this is not possible, feeds should never be stored for longer than 24 hours)

If you depend on electrical equipment that is vital to your health, contact Northern Ireland Electricity Network (NIE) to get on their Critical Care

Register:

## **If your electricity goes off**

If your electricity goes off, you should:

- check your fuses and trip switches – then check if your neighbours are without power
- leave one light on
- leave your fridge/ freezer switched on with the door shut to maintain a low temperature
- check that other electrical appliances and machinery are switched off at the wall
- preferably use a torch, oil or gas lamp as a source of light rather than candles
- if you must use naked flames, please take extra care and make certain that they are put out before you go to bed
- check on elderly or vulnerable neighbours in your area to make sure they are okay
- if you are using a generator, be careful where you site it in case of carbon monoxide poisoning

## **Reporting a power cut**

If your power is off and you want to report it or get more information, contact NIE's Customer Helpline or visit their website:

## **More useful links**

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## **[Check in with someone if worried about their mental well-being](#)**

Check in with someone if you're worried about their mental well-being and ask them how they're feeling. Mental health problems can affect anyone at any time of life and in different ways. Anyone who is in distress or despair can contact the Lifeline helpline on 0808 808 8000.

## **Start a caring conversation**

Start a caring conversation with someone you're concerned about and let the person know about that concern.

Give them the space to explain what's going on with them and how they're feeling.

Offering a gentle word of support and listening in a non-judgemental way can make all the difference. Encourage them to tell their story in their own way and at their own pace, and let them know that you will support them to find the help that they need.

By asking the person the questions, 'are you feeling a bit low?' or 'are you worried about something?' you're acknowledging their distress and giving them the chance to talk about something that is probably very frightening for them.

It's even ok to ask someone if they have had thoughts about harming themselves or about suicide.

Talking about how they're feeling could be the first step towards recovery.

You can find information on what you can say and do to help someone on [this Public Health Agency leaflet](#).

## **Training courses**

There are a number of training courses available in mental and emotional wellbeing and suicide prevention.

You can find out more at this link:

## **Recognising potential warning signs**

There are some early warning signs that may indicate mental ill-health or a mental health problem, including:

- mood swings or a consistently lower mood
- lack of care for personal appearance or personal responsibilities
- increased use of alcohol or other drugs
- talking about not wanting to live
- a loss of interest in doing things they previously enjoyed
- withdrawing from social activities or spending less time with family and friends
- disturbed sleep, perhaps not getting enough sleep or sleeping too much
- eating less than normal or overeating, perhaps losing or gaining weight
- being more irritable, over-sensitive or aggressive
- having difficulty following a conversation, remembering things or concentrating
- experiencing recurrent physical symptoms such as aches and pains or unexplained illnesses
- a drop in work performance
- doing things that don't make sense to others
- hearing or seeing things that no-one else can hear or see

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mean they don't want help and support. It can be difficult finding the words to express what they're feeling.

You can find out more about what to do if you think someone might be in need of immediate help on the [Mental health emergency – if you're in crisis or despair](#) page.

You can find out more about mental health at the pages below:

## **Lifeline**

If you or someone you know is in distress or despair, contact Lifeline on:

This is a confidential service, where trained counsellors will listen and help immediately on the phone and follow up with other support if necessary. The helpline is available 24 hours a day, seven days a week.

## **More useful links**