

# STUDENT SUPPORT BULLETIN

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ISSUE 11 - FRIDAY 4TH MARCH 2022  
ACADEMIC YEAR 2021-2022

## Dating Apps

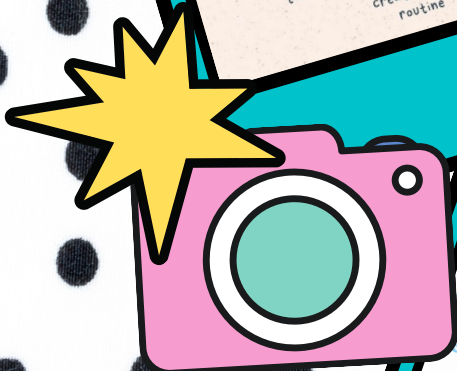
We've all heard about the importance of being safe online, but being safe dating online is a whole new ballpark. To find out more, click [HERE](#).

## College Bursary

The maximum household income amount to be eligible for Bursary payments is now £30,000.

If you believe you may now be eligible, you can apply on the [PayMyStudent](#) website.

If you have any questions, please e-mail [ccstudent.support@stcg.ac.uk](mailto:ccstudent.support@stcg.ac.uk) or go to your College's Student Support Centre.



## Careers Fair

The Careers Fair will be taking place next week.

**Merton College**

Tuesday 8th March - 12:00 - 14:00  
Location: Refectory

**Carshalton College**

Thursday 10th March - 12:00 - 14:00  
Location: Room M112



# FOCUS OF THE WEEK

## UKRAINE AND RUSSIAN CONFLICT

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### COPING WITH ANXIETY AND FEAR ABOUT THE WAR IN UKRAINE



Russia has launched a full-scale invasion of the Ukraine. If you're feeling anxious and scared, know that you're certainly not alone in these feelings and we're with you.



I know that it's VERY hard to manage anxiety when you have zero control over the events.

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First, check in with your thoughts and remember that your feelings are normal.

Being anxious is a normal human reaction.



Although it can be easy to slip into catastrophic thinking (picturing the worst case scenarios in your mind). Here are some tips to help you and others during this crisis.

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### Limit news intake

Take media breaks from social media and the news. Both can amplify anxiety and be triggering if you're someone who already struggles with anxiety

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### Reach out for help

Connect with friends and family and share your concerns to relieve stress. Ultimately, if you feel too overwhelmed, reach out to a professional or a mental health helpline

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### Fight against misinformation

Do not hit that share button immediately. It is very important to check if the news you want to share comes from verifiable sources. Proceed with caution and be thoughtful about what you share

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### Helping the helpers

Evidence shows that helping others can also benefit our own mental health. Show your support to the incredible people and nonprofits that provide aid and support to the people of Ukraine

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Some people will tell you that there's no hope and that the world is about to end

My answer is that there will always be hope as long as there's action. Show support to the Ukrainian people's cause, share their stories and use social media to call for donations. Help in a big or small way is what turns my anxiety into a healthier and more positive reaction

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