Bazaar

A Marketplace for the Mind

The Problem

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1. Suicide was the leading cause of death for both males and females under the age of 34 in 2019 (Young Minds, 2019).
2. There has been an increase in stress amongst PhD students, with 40% meeting the criteria for being at high risk of suicide (Counselling of Psychotherapy Research Journal, July 2021).
3. In a survey of 2,006 students, it was found that 63% of students felt COVID-19 had posed a big risk to their mental or physical health (Office for National Statistics, November 2020).

What is Bazaar?

The Solution

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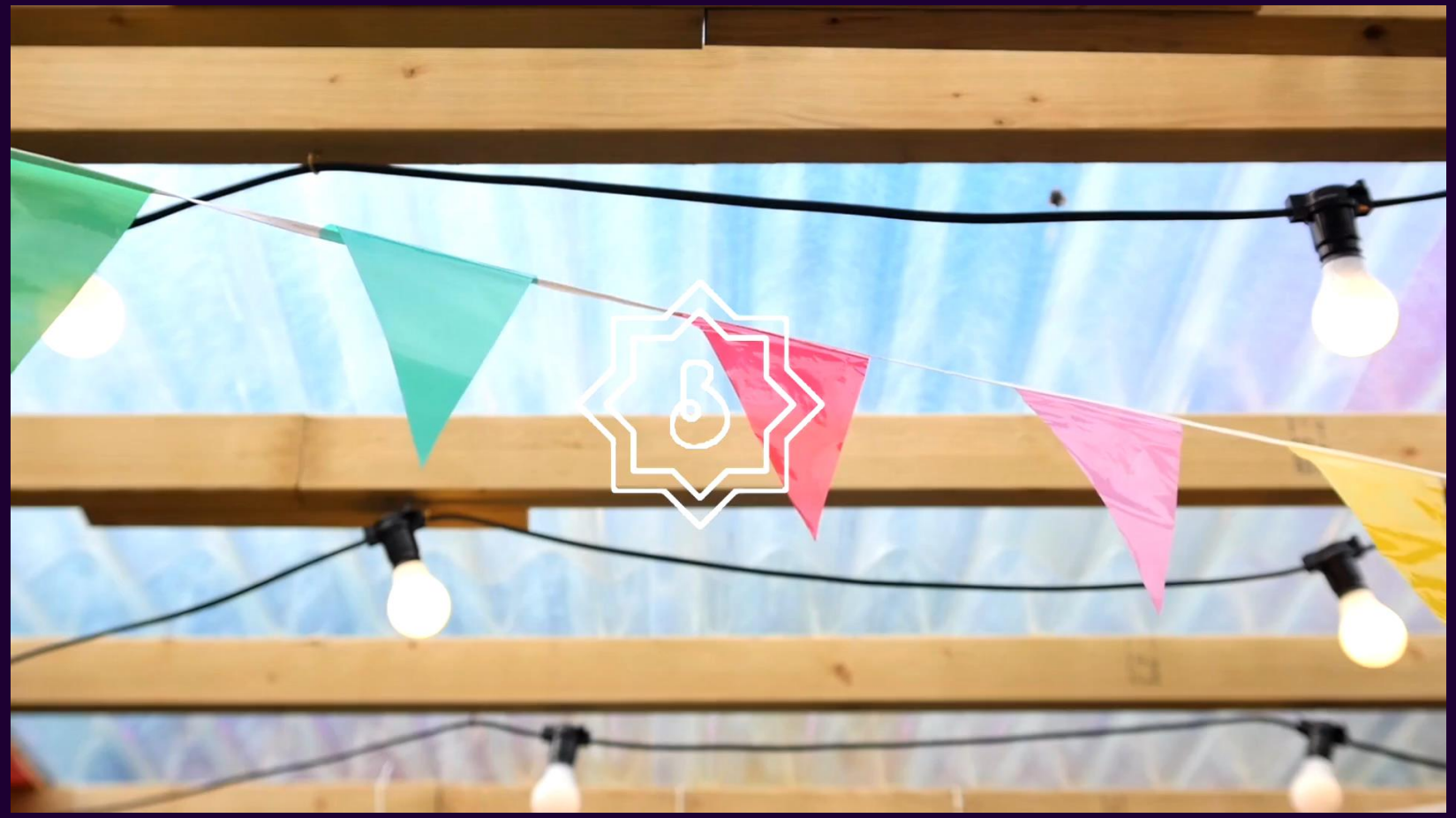
1. Offer services that are engaging, effective, innovative and life-changing.
2. Reduce waiting lists and allow immediate access to support.
3. Equip young people with tools and workable skills for life so that they can deal with any adversity now and in the future.
4. Significantly reduce drop-out rates by educating students on mental health alongside their degree.

Motive



Who have we been working with?

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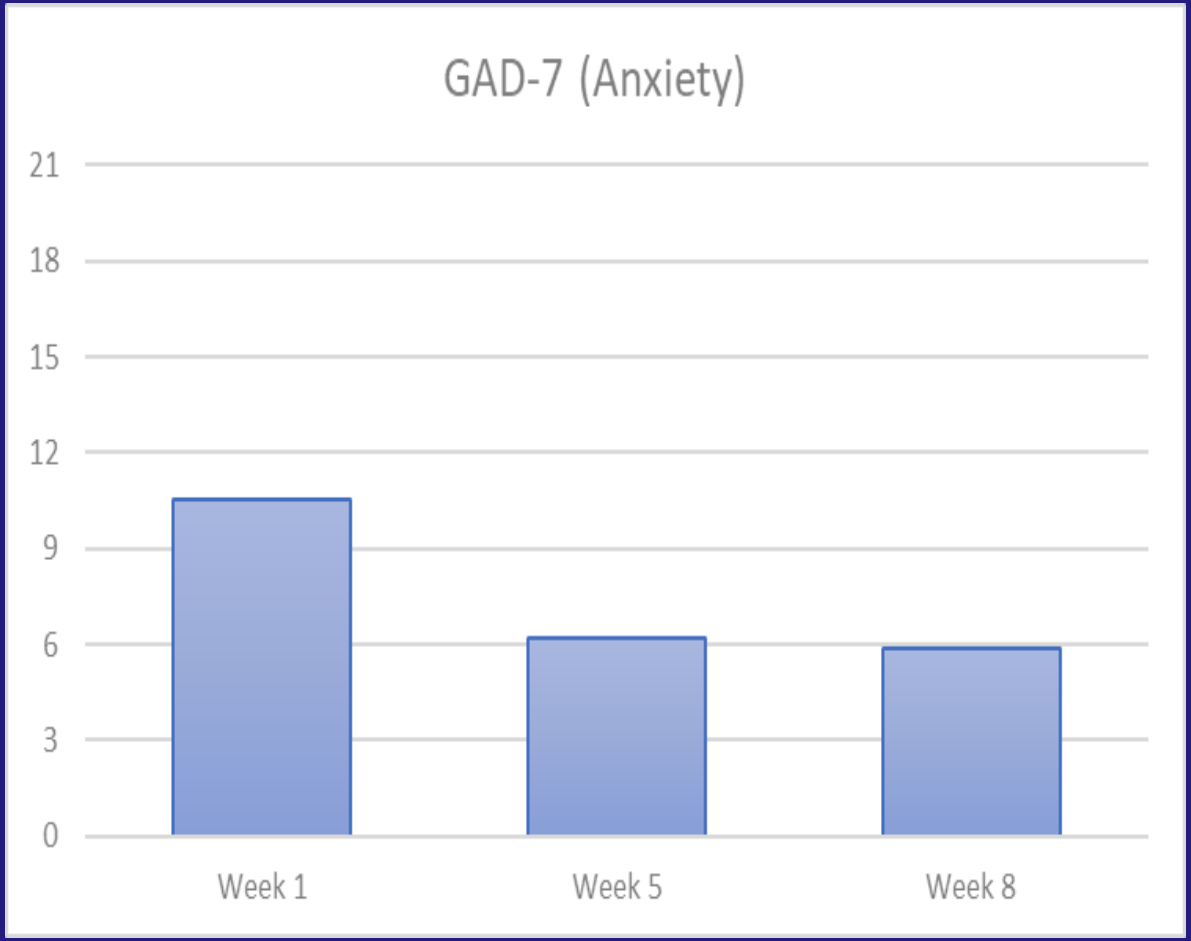
Jane Remmer

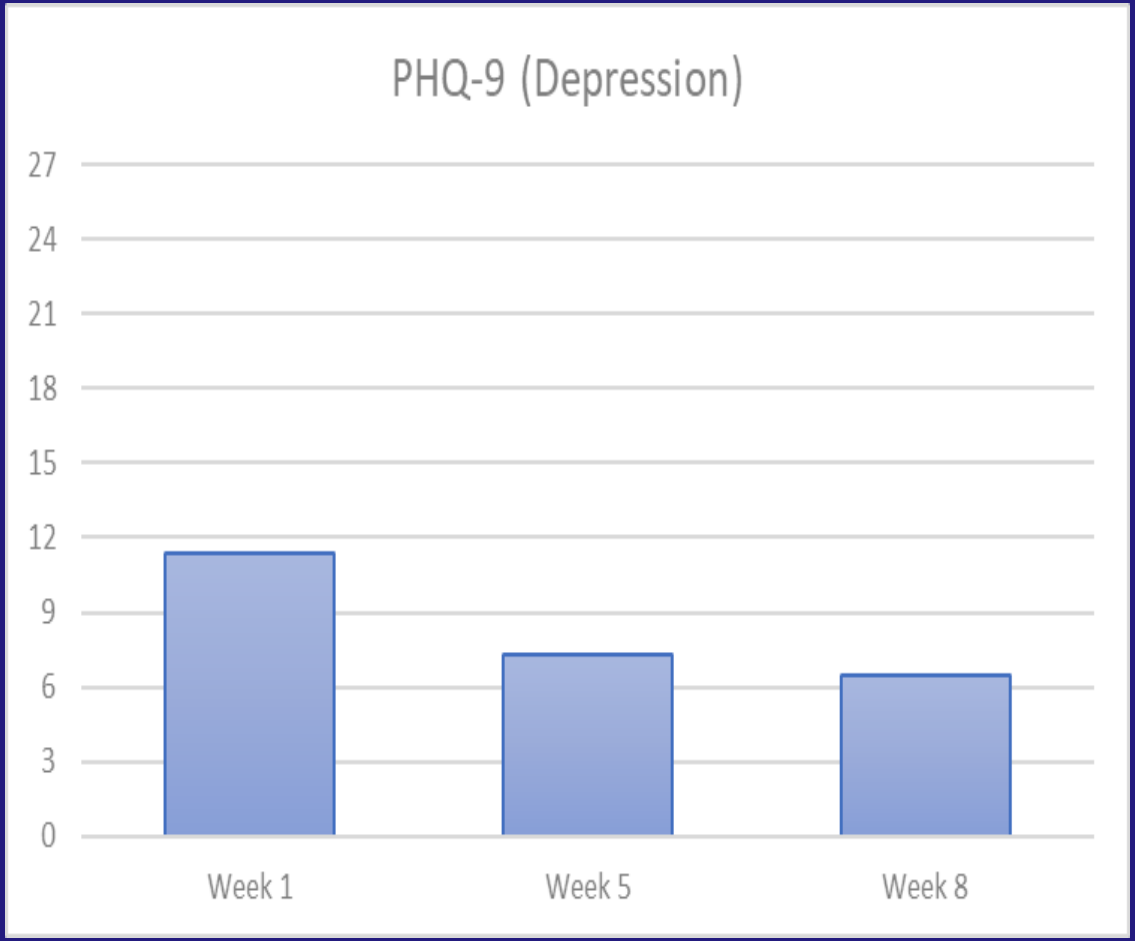
School of Physical Sciences
University of Liverpool

School of Physical Sciences
Wellbeing Group

UNIVERSITY OF LIVERPOOL

Questionnaires answered in weeks 1, 5 and 8. Average scores.





Case studies

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Mental health issues since late teens, significant anxiety, bleak outlook on life. Difficulty to see how things could improve which also contributed to increased stress.
Techniques practiced during the CBT programme was particularly helpful.
The individual now incorporates mindfulness into their regular routine and meditates daily.
Sense of optimism and a new lease of life in regards to studying science. Feeling positive about the future and more prepared to know how to deal with challenges.
Looking forward to completing their studies and moving forward in life.

Struggling with isolation during lockdown.
No opportunity to meet people or make new friends. Lonely.
Missing family and friends back home.
Lab work not required for PhD – able to move back home to continue their PhD studies.
Regular virtual contact with supervisors and occasional face-2-face meetings in Liverpool.

Bazaar Feedback

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You are providing a great service, well done and keep up the good work

It was great that the sections were quite short

I found the root beliefs section particularly helpful

It was very helpful to manage my anxiety

I liked devoting an hour of my week to the upkeep of my mental health

I like the mixture of learning: reading, watching videos, sound recordings, exercises & homework

I found the chimp paradox and thought bully very useful

I have been inspired by the chimp paradox theory

Did it help? – yes, I have found the tools I need to carry on

I've found it useful knowing different mindful exercises as I was only really aware of traditional breathing exercises

It helped me to be more compassionate with myself. Overall a very nice course!

Yes, I am sleeping better

It helped me overall with my negative thoughts and anxiety related to my PhD

Real people talking – felt like I wasn't in therapy with a person who felt distant to me

Having the sessions fully on-line meant it was sometimes hard to engage with the programme

Most therapy sites look depressive, this felt more uplifting & enjoyable

This course structure has given me time to recognise my self sabotaging behaviour

Want to hear more?

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