

**Emotional Health
&
Wellbeing Service**

Student Services at Welsh/English Bridge
studentservices@scg.ac.uk

Student Services at London Road
studentservices@scg.ac.uk

Emotional Health & Wellbeing — Holly Hands: hollyh@shrewsbury.ac.uk

At SCG we believe promoting Emotional Health & Wellbeing, and providing support can make all the difference to your college experience. While you are with us, we want your time to be as fulfilling as possible. We all need support from time to time and it is important to recognise that we all have individual needs, which is why we have such a variety of services on offer.



How does it work..?



You will:

1. Read through this leaflet to find out more about the support available to you
2. Have a think about which ones might be best for you
3. Download the application form
4. Hand it in to Student Services.

We will:

1. Read through application forms
2. Invite you to a 15 minute assessment appointment
3. Together we will decide what option is best for you
4. Discuss what is involved and take it from there.



Please note

Waiting times can vary

Anxiety Workshop

Who is this for?

People who feel they might be suffering with anxiety.

People who'd like to meet others who will understand.

People who would like to learn new ways of dealing with anxiety.

What is involved?

This is a four week course where you will learn about general anxiety and how it differs from typical worry. You will explore how your anxiety makes you feel physically, emotionally and how it affects your daily life. Together we will develop some coping tools for you to practice.

Interested:

YES

NO



Peer Mentoring Scheme

Who is this for?

First year students who feel they would like some academic support.

This could include:

Organisation

Revision tips

Subject help

First year students who would prefer to talk with someone their own age about problems.

To make friends.

General support.

What is involved?

You will be paired up with a second year student to match your support needs. A meeting will be arranged to discuss when, where and what time you will meet. You will continue to meet for as long as you need to.

***Please note, this service is not currently available at London Road.**

Interested:

YES

NO



Routine Consultation

Who is it for?

Students who don't need counselling but would like someone to talk to from time to time. Life can be overwhelming and having a private space to get things off your chest may be all you need to help.

What is involved?

When you have your assessment appointment you will decide how frequently you would like your routine consultation. Most popular is once a month, but it's entirely up to you. Dates and times will be discussed and arranged at a time that suits you within the College day.

Interested:

YES

NO



Counselling

Who is it for?

Students who wish to explore their thoughts and feelings in a confidential and non-judgemental environment.

Using a Person Centred approach, you can work through a variety of issues which include:

Depression

Relationships

Home life

Sexuality

Stress

Confidence

What is involved?

A weekly appointment will be arranged for you to see one of our Counsellors. Counselling usually lasts between 6-8 weeks but can be discussed between you. The aim is to give you the space to come to terms with, accept, move forward with your life without carrying your troubles with you.

Interested:

YES

NO



Cognitive Behavioural Therapy (CBT)

Who is it for?

CBT is about looking at the way you think, affecting the way you feel and behave. It is goal orientated and will contain worksheets and coping tools. Anger and Anxiety are two examples of how CBT can help.

What is involved?

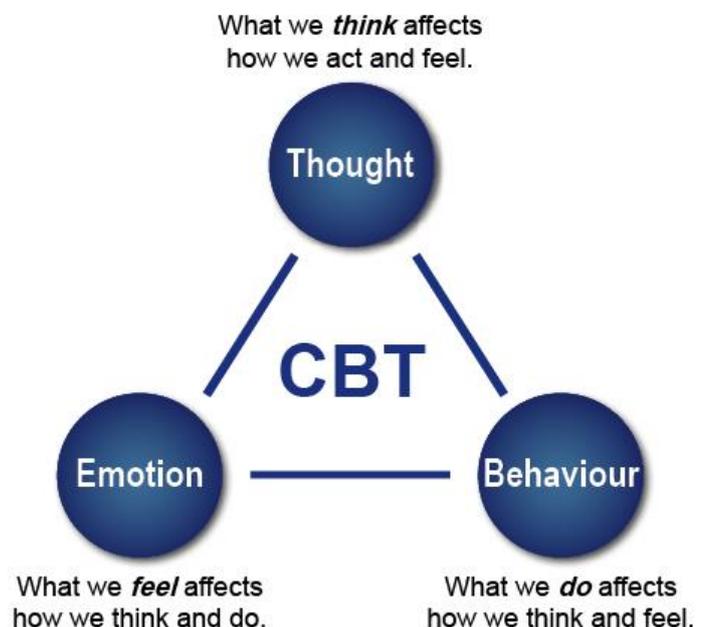
You will meet on a weekly, one to one basis for between 6-8 sessions of CBT. You will look at thought processes, achieve goals and learn new ways of coping with things.

As with all therapy, the outcomes are dependant on your engagement with it.

Interested:

YES

NO



Enrichment

Sport is well known for its benefits to emotional, physical health & wellbeing. The positive, direct effects of engaging in regular physical activity can also have a massive social impact by introducing new people. The College offers a number of different sports enrichment opportunities which students and staff can access.

Wednesday afternoons are available for students to take part in team sports:

Rugby

Football

Hockey

Basketball

Netball

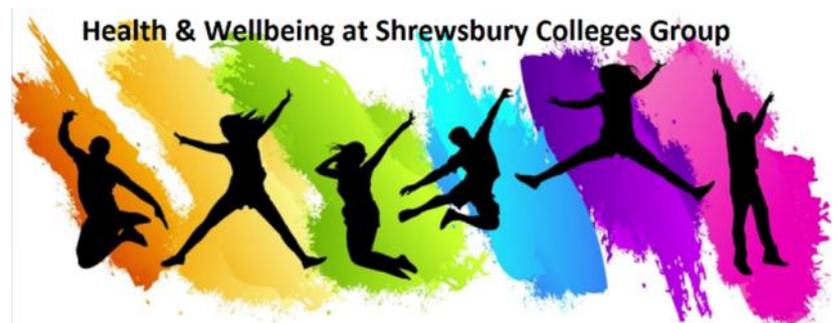
We offer a number of different activities and you can access these over the three campuses at SCG:

- Swimming (Coming in Jan 2019)
- Archery
- Tennis
- Badminton
- Rowing
- Yoga
- Dance
- Gym
- Volleyball
- Five-a-side Football
- Basketball
- Relaxation sessions
- Fencing (Coming in Feb 2019)

Interested:

YES

NO



Self-Help

Who is it for?

Students who don't want to talk to anyone, but would like to try and help themselves with things that are going on for them. This might include:

Anxiety

Bereavement

Self-harm

Depression

Addiction

Anger

What is involved?

You can find a variety of resources on Moodle/Emerse. Have a look through them and choose guides that relate to you. You will have a Routine Consultation as a follow up to see how self-help has benefited you.



Local Emotional Health & Wellbeing Services

Some students don't want to talk to people that they see every day. Below are services that we may refer you to as part of your Emotional Health and Wellbeing support. Self-referrals are also an option and you will have a Routine Consultation as a follow up.

Beam is a drop in centre where you can go and talk to someone.

Mondays & Tuesdays (12pm – 7pm)

Saturdays (11am – 4pm)

9 Market Square

Wellington

Telford

TF1 1BP

Thursdays from 2pm – 6pm

Upstairs at Palmer's Café

Claremont Street

Shrewsbury

SY1 1QG



AskBeam@childrenssociety.org.uk

Kooth is an online counselling service offering confidential support

www.kooth.com





This service is for anyone up to the age of 17 who has been sexually assaulted.

T: 0808 178 2058

www.bhamcommunity.nhs.uk/paediatric-sexual-assault-service

Cruse offers face-to-face, telephone, email and website support.

T: 0808 808 1677

E: info@cruse.org.uk



YOUNG MiNDS

“We will make sure all young people get the best possible mental health support and have the resilience to overcome life's challenges.”

www.youngminds.org.uk

****Crisis Messenger Service. Text YM to 85258**

if you need urgent help**

www.samaritans.org



Samaritans are there for everyone. Not just for those who are feeling suicidal

Tel: 116123

Text: 07725 909090

E: jo@samaritans.org



"We provide advice and support to empower anyone experiencing a mental health problem."

Tel: 0300 1233393

E: info@mind.org.uk

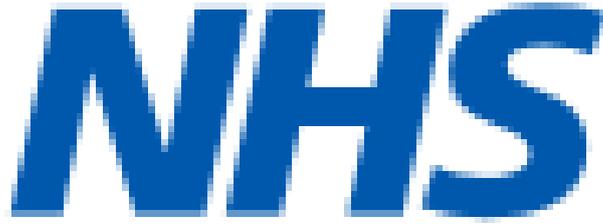
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"We create a safe and secure atmosphere for children and young people to be counselled in a one-to-one situation."

Shrewsbury: 01743 357777

Telford: 01952 278000



Mood Zone

Whatever you need to know about coping with stress, anxiety or depression, or just the normal emotional ups and downs of life, the NHS Choices Moodzone is here to help.

It offers practical advice, interactive tools, videos and audio guides to help you feel mentally and emotionally better.



[Harmless.org.uk](https://harmless.org.uk)

Harmless is a user led organisation that provides a range of services about self harm and suicide prevention to people who self harm, their friends and families and those at risk of suicide.

E: info@harmless.org.uk



Apps



Suicide prevention



Daily tools for emotional health



**Support with stress,
Anxiety and Depression**



**Meditation &
Relaxation**