

# HELPING YOU REACH YOUR POTENTIAL

Mental Health &  
Wellbeing Support at  
Stockport College



STOCKPORT  
COLLEGE





# HELLO AND WELCOME TO LEARNER SERVICES





# MENTAL HEALTH AND WELLBEING

Within Learner Services we try to impact mental health in young people by providing a range of interventions and support. The Pastoral Support Mentors within Learner Services are trained to provide a frontline service for any mental health needs experienced during your time at college. We offer a range of services including: 1-1, group work, workshops, counselling and referral to external services where appropriate.

It is estimated that mental health issues in England cost

**£105 billion**  
each year



**1/2**

of mental health issues start by age 15 and 75% develop by age 18



**In an average classroom**

**10**

will have witnessed their parents separate

**8**

will have experienced severe physical violence, sexual abuse or neglect

**1**

will have experienced the death of a parent

**7**

will have been bullied



Take a look at our Moodle Pages for further useful contacts, advice and support.



<https://vle.tcg.ac.uk/course>



Anonymous & confidential support  
**call 116 123**  
[www.samaritans.org](http://www.samaritans.org)



Online support and counselling  
**www.kooth.com**



Prevention of young suicide  
**0800 068 4141**  
[www.papyrus-uk.org](http://www.papyrus-uk.org)



Essential support for under 25s  
**www.themix.org.uk**  
CRISIS TEXT LINE  
text SHOUT to 85258



In Crisis? Need support?  
Text shout to  
**85258**



ONLINE, ON THE PHONE, ANYTIME  
**0800 1111**  
[childline.org.uk](http://childline.org.uk)





## ABOUT CO-PRODUCTION

Everything we do at the college is fully co-produced by experts by profession (people who have professional knowledge in a particular subject area) and experts by experience (people who have personal experience of a particular health challenge). This approach empowers people to use their experiences to help others on their recovery journey. We have found that this way of working really brings a different dynamic to the college. Co-production ensures that our services are tailor made to support those that engage with them.



# OUR WORKSHOPS

We offer a range of workshops as part of our support model within Learner Services. Below is a list and summary of each workshop we offer. If you are interested in a workshop which isn't on the list then please speak to us and we can look at creating something to suit your needs. Workshops are held in small groups and are flexible to meet learner need. Visit Learner Services for further details.



## SOCIAL MEDIA

This session looks at how to use social media appropriately and staying safe whilst online.



## ANXIETY

Anxiety is a feeling of intense panic or underlying fear and can stop you from doing your normal activities. This workshop is aimed at understanding anxiety, the possible triggers and symptoms. You will learn how to help yourself and where to get support.



## SELF-HARM

To explore reasons why people self-harm, the dangers this presents as well as an awareness of alternative and safer methods. We will discuss sources of support available from informal and formal sources to ensure that you are aware of what to do and where to go if you are feeling this way.





## DEPRESSION

Depression is a feeling of heavy-heartedness and can stop you from doing your normal activities. This workshop is aimed at understanding depression, the causes, symptoms, how to help yourself and where to get professional help.



## LETTING GO

Addiction comes in many forms. We have a variety of themes that raises awareness of addiction: alcohol, food, gambling, gaming, drugs and social media. You will be able to recognise and understand addiction and gain an understanding on how you can support yourself or someone else who is recovering. Choose which theme you would like to learn more about.



## CAN'T SLEEP?

A series of sessions designed to help students who struggle to get enough sleep. You will learn about why sleep is so important and how to give yourself the best chance of getting the sleep you need to stay healthy and alert.



## SEEING RED

A place to explore what anger is, what triggers it and how you can manage it.





## HOW WE FEEL, HOW WE DEAL

This workshop raises awareness of what a healthy relationship should/could look like and shines a spot light on what could be an unhealthy relationship. This will be achieved through group discussions and activities.



## MORE YOU

People's lives are getting busier. In order to keep up with our responsibilities and enjoy life to its fullest, living a healthy lifestyle is essential. Feeling good about yourself and taking care of your health are important for your self-esteem and self-image and can prevent illness. This workshop aims to show what a healthy lifestyle looks like and what you can do in order to achieve this. We will cover a range of subjects including healthy eating, sleep, personal hygiene and exercise.

# YOUR SAFEGUARDING TEAM

Are you... At risk of harm? Self harming?  
Being bullied? Being harassed? Unsafe?

IF YOU HAVE ANSWERED **YES** TO ANY OF THE ABOVE OUR SAFEGUARDING TEAM IS HERE TO HELP.



emma.goodlet@tcg.ac.uk



amy.singh@tcg.ac.uk



julie.wilson@tcg.ac.uk



julie.wilson@tcg.ac.uk



gary.spicer@tcg.ac.uk



helen.redman@tcg.ac.uk



julie.wilson@tcg.ac.uk

### References.

1. Royal College of Psychiatrists. No health without public mental health: the case for action. Position Statement PS4/2010 [Internet]. 2010. Available from: rcpsych.ac.uk
2. Mental Health Taskforce NE. The Five Year Forward View for Mental Health. 2016 [cited 2017 May 23]; Available from: england.nhs.uk
3. Faulkner J. Class of 2011 Yearbook: How happy are young people and why does it matter? [Internet]. Doncaster; 2011 [cited 2017 May 31]. Available from: relate.org.uk
4. Department of Health, Department for Children S and F. Healthier lives, brighter futures [Internet]. 2009 [cited 2017 May 16]. Available from: webarchive.nationalarchives.gov.uk
5. Davies SC. Annual Report of the Chief Medical Officer 2013, Public Mental Health Priorities: Investing in the Evidence [Internet]. 2014. Available from: gov.uk



# OTHER SERVICES

Learner Services provides a range of additional support to ensure that learners are able to reach their potential. Within Learner Services you can access this in the following areas:

Careers Advice and Guidance



Finance



Mentoring



Counselling



If you need support in any of these areas simply drop into Learner Services and book an appointment with the relevant area. Alternatively, if you speak to any member of staff they will happily point you in the right direction.





# CONTACT US FOR FURTHER INFORMATION:

## Pastoral Support

**Amy Singh** - Amy.Singh@tcg.ac.uk

## Careers and Guidance

Careers@tcg.ac.uk

## Financial Support

**Catherine Webb** – Catherine.Webb@tcg.ac.uk

## Counselling

**Julie Wilson** – Julie.Wilson@tcg.ac.uk

**Stockport College**

Wellington Road South  
Stockport  
SK1 3UQ

**Learner Services Tel:** 0161 296 5810

**Enrolment Enquiries:** 0300 300 0090

**General Enquiries:** 0161 296 5000

**School Liaison:** 0161 296 5795

**Text:** Stockport with your message to 60081

**Email:** enquiries@stockport.ac.uk

**Website:** www.stockport.ac.uk

