

Support After College

At the moment you can come to your tutor or the pastoral team - what next?

Where do adults get help from?

Come up with as many ideas as you can.

Mental Health and Emotional Wellbeing:

Look these up on your phone/laptop and bookmark them

NHS 5 steps to wellbeing - look it up - what are the steps?

Go to the webpage for the charity **Mind**

Go to the webpage for the charity **CALM**

Search for the **NHS Inform self help guides** and see what *physical and mental health categories* they cover - these are professional guides and you can work through the material step by step.

Use this link to find **Alabare Riverside services** and see what they offer **locally**:

<https://alabare.co.uk/what-we-do/mental-health/>

The Mix



Look them up and explore their website. Can you work out how to get in touch with them by chat messaging?

Can you work out how to access counselling?

Can you find something useful to help you with an area of your life that is relevant now?

They are available for you until you are 25 years old.

Samaritans

Always there 24/7 and for anyone that needs to talk something through. Look at their website now:

https://www.samaritans.org/how-we-can-help/contact-samaritan/?gad_source=1&gclid=CjwKCAjwouexBhAuEiwAtW_Zxze6RqJLWLN8WAYU9DKb4-ug_Mn7ejB77cP1fjQxK9mu8J061T32xoCwBEQAvD_BwE

GiveUsAShout

You can also text SHOUT anytime for free support by chat messaging. They are highly trained at offering support in times of need. Look at their website now:

https://giveusashout.org/get-help/?gad_source=1&gclid=CjwKCAjwouexBhAuEiwAtW_Zx0CMOpXIGH1VT_VYr1QMV-m0oUcG4uXvl5pgnQ3Sylfu-VVlhRy1ybBoCj-wQAvD_BwE

Sexual Health

WISE if you are staying in Wiltshire: <https://sexualhealth.salisbury.nhs.uk/clinics>

Take a quick look now at their Under 25s page.

Brook are excellent and have branches all over the country: take a look at their page now and find a service near wherever you will be living after college:

<https://www.brook.org.uk/about-brook/>

Physical health and Wellbeing

Sometimes you need the GP, and sometimes you need A&E, and you will need to be prepared for a wait in either case. Take advice from 111 if you need to work out how urgent it is.

<https://www.nhs.uk/nhs-services/urgent-and-emergency-care-services/when-to-go-to-ae/>

You can also call 111 - go to the link now: <https://111.nhs.uk/>

They can send you to A&E if needed and you might be seen more quickly if you contact them first.

And you can also pop into your pharmacy and ask to see someone about minor ailments and advice. Look at this list to guide you:

<https://www.nhs.uk/nhs-services/pharmacies/how-pharmacies-can-help/>

Universities and Employers should be looking after you.

They should be signposting mental health and emotional help and support.

- All universities, and many workplaces, have designated welfare officers, teams or services. They are there for you and you should use them.
- Unis will not keep a close eye and will not contact your parents/carers - you need to get in touch with the support team and ask for help.
- You can voluntarily give unis permission in advance to contact home if there is a concern about your welfare - it is a great idea to do this.
- Workplaces also have a duty to care for your Occupational Health and should make sure you are safe and able to carry out your duties around any medical needs or physical needs or special needs you may have.

Financial, legal and admin advice

<https://www.citizensadvice.org.uk/>

Please visit this page now and have an explore. This is an amazing resource and they also have local branches.

We are still here for you until the summer holiday:

For safeguarding, pastoral support, careers advice etc

And if you want to apply to uni through S6C next year, contact the office and we will give you the UCAS buzzword to link your application.

We love to keep in touch with S6C alumni. You are always welcome to make an appointment to visit!