

CRISIS SUPPORT

- **Go to your local A&E department, or call 999** if you have urgent medical care.
- **NHS** – Call 111 (free 24/7).
- **Children and Adolescent Mental Health Services (CAMHS)** crisis line (up to the age of 18). Call 0800 0516 171 (free).

CONTACT INFORMATION

Carshalton

ccstudent.support@stcg.ac.uk

Kingston

referral.team@stcg.ac.uk

Merton

mcstudent.support@stcg.ac.uk

South Thames College

wellbeing.whs@stcg.ac.uk



**NHS Education
Wellbeing Service
for young people
(16-18 years old)**

As a student of South Thames Colleges Group, you have access to wellbeing support which includes guided self-help resources, student support services and the NHS Education Wellbeing Service for young people (16-18 years old).

NHS EDUCATION WELLBEING SERVICE

The Education Wellbeing Practitioners (EWPs) and Mental Health Practitioners (MHPs) work with young people (16-18 years old) to support emotional wellbeing. You'll learn new skills and techniques to support your wellbeing, which are aimed to support you in making positive changes to your life. The practitioners are based at Student Support Services in your College.

WHAT SUPPORT DO WE OFFER?

The EWPs offer a course of 6-8 one-to-one sessions of guided self-help. The MHPs offer one-to-one support for up to 12 sessions. The aim of these sessions is to help you to develop skills in managing anxious thoughts or feelings and improving your mood. Below are some signs to look out for and areas the team can help you with:

- Difficulties/changes to sleep pattern.
- Feeling low, sad or more tearful.
- Not wanting to see friends or socialize.
- Overthinking
- Being irritable or argumentative.
- Changes to appetite - eating more or less than usual.
- Falling behind with college work/ responsibilities.
- Avoiding doing things you used to do e.g. clubs, activities.
- Low self-esteem/ lack of confidence
- Worrying much more than usual

HOW TO ACCESS ONE-TO-ONE SUPPORT?

You can be referred by your Tutor, drop in and talk to an Advisor at Student Support Services or complete a Wellbeing Form on Moodle.

WORKSHOPS (ONE-HOUR)

We have a number of workshops throughout the year on a variety of topics including motivation, sleep, self-esteem, exam stress and mindfulness (and many more!). To find out more, talk to your tutor.

ADDITIONAL WELLBEING SUPPORT AT STCG

- **Access self-help information and resources on Moodle**
- **Togetherall platform.** Get free online 24/7 anonymous access to wellbeing support. Register using your academic email address at www.togetherall.com
- **Student Support Services** (all ages). Drop in and talk to an Advisor based at your college
- **Talk to your tutor, teacher or someone you trust.**

MENTAL HEALTH SUPPORT SERVICES

- **Young Minds** (up to the age of 25). Text YM to 85258 or call 0808 802 5544.
- **Kooth.com** (up to the age of 24).
- **Papyrus** (up to the age of 35) – Call 0800 0684 141.