

Student Mental Health & Wellbeing ~ Supported Pathways to Wellness

Getting help for my mental health and how to access support

To speak confidentially to staff Telephone: 01355 807780 (ask for Student Services)
 Email: student.support@slc.ac.uk
 Further information can be found [here](#)

Safeguarding team: For professional and confidential support, you can speak to the College’s Safeguarding team. You can find information [here](#)

<i>Are you experiencing?</i>	<i>What support is available</i>	<i>How do I get access?</i>	<i>What this means and what benefits will I get</i>
Signs and symptoms Problems with concentration, memory, or ability to think clearly Changes in eating (overeating or loss of appetite) Unable to complete tasks Feeling overly worried Feeling sad, empty, hopeless, or worthless Withdrawn or disconnected from others Changes in energy level and sleep patterns (sleeping during the day and awake at night)	Emotional support Student Counselling Service	Speak to your Course Tutor or staff in Student Services. For confidential, non-judgemental, empathetic support email student.support@slc.ac.uk The College offers an in-house confidential, counselling service for students. To book an appointment with a student counsellor email student.support@slc.ac.uk and someone will get back to you directly to discuss available appointments.	Emotional support provides the opportunity to talk through concerns and issues with practical help and support available. What is emotional support? Emotional support is the sensitive, understanding approach that helps individuals accept and work on their concerns. Enabling a person to communicate their anxieties and fears; receiving comfort from a gentle, sympathetic, caring person increases the ability to care for themselves. Our student counselling service is free and accessible to all students. We are here to help if you are experiencing distress which is impacting on your studies, relationships, work, or life in general. This service will provide a safe space for you to receive 1:1 support to talk about how you are feeling and explore any concerns you may have. Further information about the service can be found here Counselling support is sometimes referred to as talking therapy. Talking therapies can help with common mental health problems like stress, anxiety

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<p>Irritability and restlessness</p> <p>Loss of interest in activities you previously enjoyed</p>	<p>Togetherall – provides free, anonymous online support services for students by offering 24/7 mental health support from trained professionals.</p> <p>Free mindfulness classes</p> <p>Free yoga classes</p>	<p>To access Togetherall, click on this link for Togetherall and register under the 'I'm from a university or college' section, using your South Lanarkshire College student e-mail address e.g. yourstudentnumber followed by @slc.ac.uk</p> <p>The College offers a free weekly mindfulness class every Wednesday at 12.15 pm, during term time. For further information, email student.support@slc.ac.uk.</p> <p>The College provides a free weekly yoga class every Thursday at 5pm, throughout term-time. For further details, email student.support@slc.ac.uk.</p>	<p>and depression. Potential benefits of counselling include:</p> <ul style="list-style-type: none"> • Better understanding of idealised self and actual self • improved communication and interpersonal skills • greater self-acceptance and self-esteem • ability to change self-defeating behaviours/habits • better expression and management of emotions, including anger • Achieve better self-understanding and awareness • Greater ability to trust oneself <p>Togetherall provides you with a safe space online to get things off your chest, explore your feelings, and learn skills to help you self-manage your mental health and wellbeing. They also provide excellent self-help and training resources.</p> <p>Mindfulness allows us to pay more attention to the present moment - to your own thoughts and feelings, and to the world around you which can improve your mental health. When you induce a state of relaxation, which can be achieved through mindfulness, or yoga, you can reap the benefits, including:</p> <ul style="list-style-type: none"> • Higher brain functioning • Increased immune function • Lowered blood pressure • Lowered heart rate • Increased awareness
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	<p>Learning Development team</p>	<p>You can be referred by your Course Tutor. Alternatively, you can self-refer at https://myportal.slc.ac.uk/ldbooking or by emailing support.forlearning@slc.ac.uk</p>	<ul style="list-style-type: none"> • Increased flexibility and posture • Increased concentration, attention, and focus • Increased clarity in thinking and perception • Lowered anxiety levels • Experience of being calm and internally still • Experience of feeling connected
	<p>Community Pastoral Support team (Chaplaincy) & Quiet Room</p>	<p>You can be referred by Student Services by emailing student.support@slc.ac.uk or contact a member of the Pastoral Support team directly by email. Click here for further information.</p>	<p>The Learning Development team provide 1:1 practical help and advice to support mental health and wellbeing. They also provide learning resources and materials as well as a range of special aids, in-class support, enabling technologies and equipment and software. They also offer specialist workshops on literacy and numeracy including study skills, academic writing and referencing styles. All of which can help support the learner journey.</p> <p>Provide pastoral and emotional support in times of difficulty including crisis and bereavement; discussions or concerns about faith and belief; provide confidential conversations involving relationships, welfare, stress, and offering 'active listening'. The College also offers a designated quiet room for self-reflection and prayer. This is located on the first floor near to the Library and is open to all students.</p>
	<p>Peer support through the Student Association</p>	<p>You can contact the Student President and Vice President by emailing student.association@slc.ac.uk</p>	<p>The Student Association is the elected representative of the student community. It is an important part of the College's support system and provides 1:1 support to students, as well as delivering on student events and activities. Activities such as focus groups/lunch time support</p>

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<p>Signs and symptoms that require immediate support</p> <p>Distressed or in crisis</p> <p>Thoughts or plans of killing or hurting yourself or others</p> <p>Hearing voices or seeing things that no one else can see or hear</p> <p>Unexplained changes in thinking, speech, or writing</p> <p>Being overly suspicious or fearful</p> <p>Serious drop in college performance</p> <p>Sudden personality changes that are out of character</p>	<p>For urgent help and support contact NHS 24 emergency services in Accident & Emergency.</p> <p>Contact your GP for help and specialist services.</p> <p>Support in College ~ Mental Health First Aid or ASIST trained staff</p>	<p>For urgent medical help and support dial 999.</p> <p>For non-urgent medical help, advice and support dial 111 or go to https://www.nhs24.scot</p> <p>The College have a number of staff trained in Mental Health First Aid and ASIST (Applied Suicide Intervention Skills Training) providing immediate help and support to those who need it. For help and support at the College during office hours telephone: 01355 807780 (ask for Student Services or an ASIST trained member of staff) or email student.support@slc.ac.uk</p>	<p>sessions can also help students feel less isolated and more connected. Peer support can improve people's wellbeing, meaning they have larger support networks, and better self-esteem, confidence, and social skills.</p> <p>It is important to seek urgent help and support if you are in crisis and staff will be there to care for you every step of the way. It is important to know that support is available, and a mental health emergency is taken as seriously as a physical one.</p> <p>Students experiencing issues with mental health and/or be in crisis can be supported by staff to contact their GP or emergency services as well as information and advice on external specialist support agencies. This includes concerns with health and psychological difficulties, anxiety, depression, self-harm, or suicide ideation.</p>
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External Supported Pathways

NHS 24

NHS 24 provides a co-ordinated, single source of quality assured health and social care information for the people of Scotland.

W: <https://www.nhs24.scot>

T: 111. For emergency medical services call 999

Police Scotland

Police Scotland's purpose is to improve the safety and wellbeing of people, places and communities in Scotland. Their focus is on keeping people safe which is at the heart of everything they do.

W: <https://www.scotland.police.uk/>

T: For emergencies call 999. For non-emergencies call 101.

The Samaritans

Offer a safe place for you to talk at any time you like, in your way – about whatever's getting to you. They offer confidential, listening and emotional support to those experiencing distress and anxiety.

W: <https://www.samaritans.org>

T: Freephone Helpline – 116 123

E: jo@samaritans.org

Breathing Space

Provide a free, confidential, phone service for anyone in Scotland experiencing low mood, depression or anxiety.

E: <https://www.breathingspace.scot>

T: 0800 83 85 87

e-Lanarkshire Mental Health Resources

Online resources for mental health and wellbeing. Many can benefit from using self-help booklets as an aid to understand the problems they are experiencing and learn new ways to help them deal with those problems. For further information, go to <http://www.elament.org.uk/self-help-resources/>

See Me Scotland

See Me Scotland provide an emotional resilience toolkit that provides practical guidance in promoting the resilience of young people as part of an integrated health and wellbeing programme. For further information, go to <https://www.seemescotland.org/media/8155/resilience-toolkit.pdf>