



  
**PRIESTLEY**  
◆◆◆ COLLEGE ◆◆◆  
WARRINGTON



# Wellbeing Support

**Are you feeling anxious or worried? Would you like to talk to someone in confidence about an emotional issue or difficulty that you are experiencing that may be affecting your mental health and wellbeing?**

**There are a number of support organisations that can provide free, confidential and impartial advice, guidance and support to you.**

**Wellbeing Service - [www.priestley.ac.uk/wellbeing-and-support/](http://www.priestley.ac.uk/wellbeing-and-support/)**

Within college we have a one stop referral system to access a range of support including specialist careers advice, academic support, confidential one to one counselling and general wellbeing support. Each of these services are provided by specialist staff.



**Ian Edge** and **Charlie Dunbar** are our specialist **careers advice team** able to give advice about progression after Priestley which can be a source of considerable worry for students.

The pastoral team including personal, progress and senior tutors can give support across a students full curriculum as well as with general pastoral issues.

We are extremely pleased to have free confidential counselling support available to all students for any emotional difficulties or worries through **Jane Dickson, College Counsellor**.

We are also extremely pleased to have **Caroline Atkinson** as our **Wellbeing Practitioner** to offer support and guidance with more general well being concerns and liaison with other external agencies such as CAMHS and IAPT.

**The Study Support Team** support students with a diverse range of learning needs including specific learning difficulties such as dyslexia, dyspraxia, dyscalculia, ASD, ADHD, Mental Health, Health Needs and pastoral, social and emotional needs. The Study Base is a dedicated space in the Learning Resource Centre where all students can access the support that they need as well as just simply a comfortable space to be. The team is managed by **Tracie Ryan** who also co-ordinates Educational Health Care Plans (EHCPs) and health plans for students.

**To access any of these services** students are able to make a self-referral through the student menu on the college portal by clicking the umbrella wellbeing logo. Parents and guardians are also able to request support through the Wellbeing logo on the college website. Requests for support will be looked at by senior pastoral staff as quickly as possible with contact being made either with parents or students thereafter.

## **Talking Matters, Warrington**

**Tel: 01925 401 720**

Part of the National Improving Access to Psychological Therapies (IAPT) programme. Information, advice and support for people aged 16 and over who are experiencing a mental health difficulty.

## **'Mind Works' Drop-In-Clinics**

**Tel: 01925 575 904**

Staffed by a CAMHS clinician offering help, advice and support to people aged 17 and under who may be worried about a mental health problem.

**Where:** Warrington Youth Cafe, Buttermarket Street, Warrington

**When:** Tuesdays 12-1pm Wednesdays 4.30-6pm

**or**

**Where:** Orford Youth Base, Capesthorpe Road, Orford

**When:** Tuesdays 3.30 - 5pm and Wednesdays 4.00 - 5.00pm

(No referral needed)

## **Papyrus - HOPELINEUK**

**Tel: 0800 068 4141**

**[www.papyrus-uk.org](http://www.papyrus-uk.org)**

A confidential support and advice service for children and young people under the age of 35 who are experiencing thoughts of suicide, or for anyone concerned that a young person could be thinking about suicide.

## **Samaritans**

**Tel: 116 123**

A free confidential 24 hour helpline, available 365 days per year for anyone who is feeling suicidal or who is struggling to cope and needs to talk if things are getting to you.

## **Childline**

**Tel: 0800 1111**

Free 24 hour helpline for children and young people in trouble or danger.

## **Kooth.com**

**[www.kooth.com](http://www.kooth.com)**

24 hour online counselling and advice service for young people. Also outreach service offering one to one support.

## **NHS**

**Tel: 111**

Free 24 hour medical helpline, available 365 days a year.

## **MIND**

**Tel: 0300 123 3393**

**[www.mind.org.uk](http://www.mind.org.uk)**

Mental health charity for adults. Advice and support for people with mental health difficulties, their families, friends and professionals.

## **Young Minds**

**Tel: 0808 802 5544**

**[www.youngminds.org.uk](http://www.youngminds.org.uk)**

UK's leading charity supporting children and young people's mental health. Offers a dedicated Parents Helpline.

## **Happy OK Sad**

**[happyoksad.warrington.gov.uk/](http://happyoksad.warrington.gov.uk/)**

This website is maintained by Warrington Borough Council and aims to be a directory of local support organisations for residents dealing with emotional or mental health difficulties.



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Loushers Lane, Warrington, WA4 6RD  
01925 415415

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