

Apprenticeship Support Summer 2023

You may have recently completed a questionnaire regarding your wellbeing and mental health. As a result of this the College wanted to provide you with some options for support if at any point you need it.

Support from the College

MENTAL HEALTH



Opening times:

- Monday 8.00am - 4.30pm
- Tuesday 8.00am - 4.30pm
- Wednesday 8.00am - 4.30pm
- Thursday 8.00am - 4.30pm
- Friday 8.30am - 4.00pm

We want you to believe in yourself, finish your course and pass with flying colours. So whatever challenges you might face when you're studying with us at City College Plymouth, we make sure you've always got a support network around to help you.

At City College Plymouth we have a small team of mental health advisors, who can offer mental health support sessions. This means that we will be talking to you about the 'here and now' and will help you find practical solutions and strategies. This can be very helpful to those people who don't want counselling or have had counselling and feel that regular contact with an advisor would be beneficial.

The College provides face to face and online support through its website if you just search for mental health or counselling in the 'College Life' part of our website (www.cityplym.ac.uk) - and you can follow the links listed here:

<https://sites.google.com/cityplym.ac.uk/studentjourney/health-wellbeing/mental-health> and <https://sites.google.com/cityplym.ac.uk/studentjourney/health-wellbeing/counselling>

However, all apprentices can download the 'My Healthy Advantage' app and login using the code MHA194625 which allows you to monitor your own wellbeing. Alternatively, there is a 24/7 freephone number 0800 0283766 you can call.

If you would prefer to do this online you can go to <https://healthassured.eap.co.uk/> using the following login info:

Username: wellbeing
Password: NoteBookInfo1

Additionally, you can book a free consultation (and do not be put off by the use of 'student', it applies to apprentices too!) by following

<https://www.healthassured.org/blog/dealing-with-student-stress/>

Support outside the College

A number of local support organisations are listed on the NHS website

(<https://www.nhs.uk/nhs-services/mental-health-services/where-to-get-urgent-help-for-mental-health/>) or Plymouth City Council (<https://www.plymouth.gov.uk/mental-health-support>) but a few of these include:

- Calling Samaritans on 116 123
- Texting the Shout Crisis line (text SHOUT to 85258)
- Online support at Plymouth Options (<https://www.livewellsouthwest.co.uk/plymouth-options>)
- Online support from Kooth (<https://www.kooth.com/>)

COUNSELLING



HERE TO LISTEN, NOT JUDGE

At any time in our lives things can happen to make it difficult to cope, never more so during these difficult times of social distancing, isolation, change and being away from our loved ones whilst you are beginning or continuing your learning journey. The counselling team are here to help with our confidential video, telephone, live chat, or face to face appointments.

By listening we can...

- help you find ways to deal with any emotional issues
- help you look at things in a different way
- support you to come up with strategies to build your resilience
- empower you to move forward with your life
- promote self-understanding and self-acceptance

Opening times:

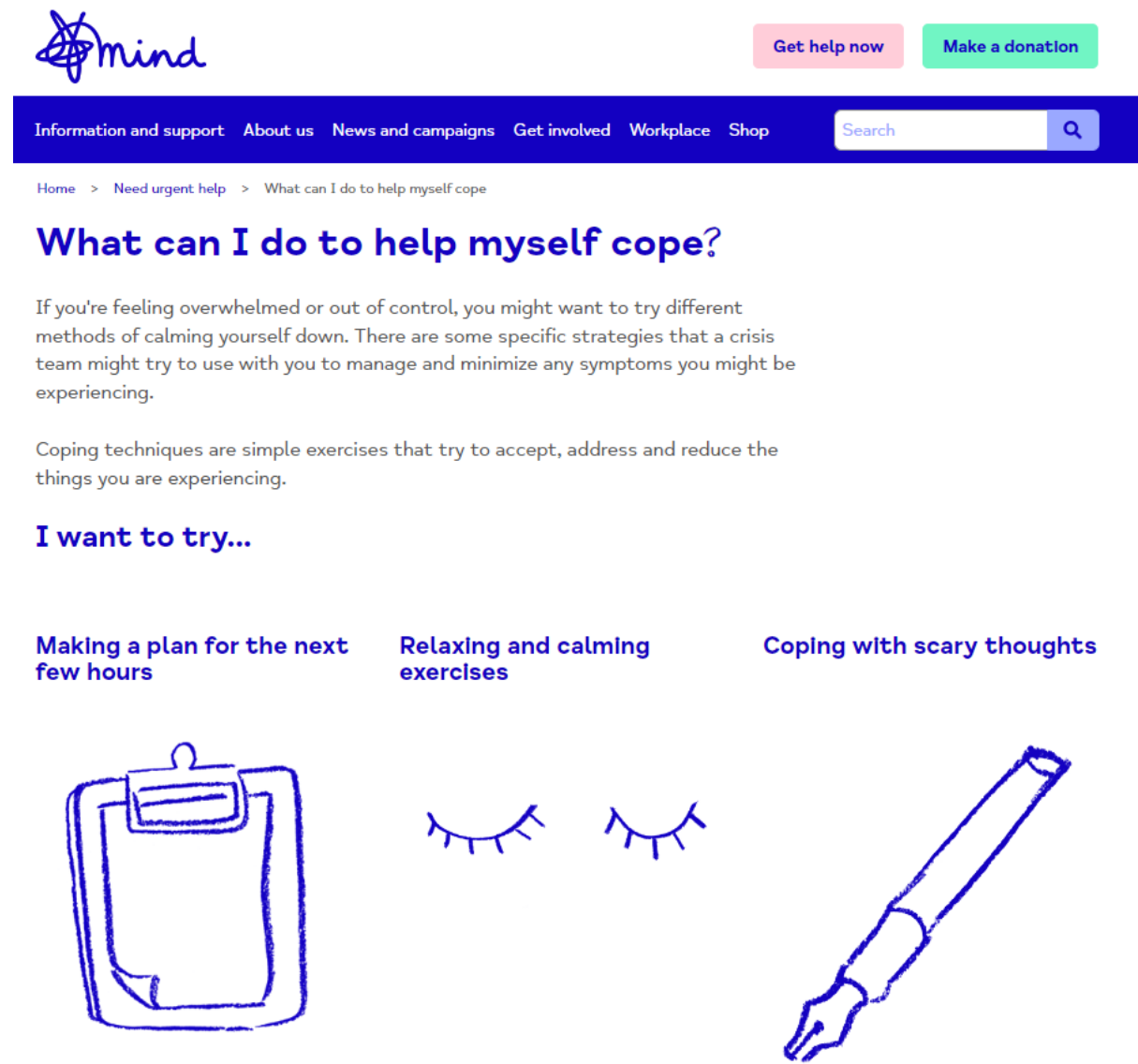
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Urgent help

If you think you need urgent support, in addition to the services above it might be helpful to know that you can get help by dialling 111 if you need help urgently for your mental health, but it's not an emergency; or 999 if you do not feel you can keep yourself or someone else safe. Alternatively the charity Mind have some guidance for coping if you are struggling (see below).

Mind

<https://www.mind.org.uk/information-support/guides-to-support-and-services/crisis-services/planning-for-a-crisis/>



The screenshot shows the Mind website's navigation bar with the logo and buttons for 'Get help now' and 'Make a donation'. The main navigation menu includes 'Information and support', 'About us', 'News and campaigns', 'Get involved', 'Workplace', and 'Shop'. A search bar is also present. The breadcrumb trail reads 'Home > Need urgent help > What can I do to help myself cope'. The main heading is 'What can I do to help myself cope?'. The text explains that if you're feeling overwhelmed, you might try different calming methods, and that coping techniques are simple exercises to accept, address, and reduce things you're experiencing. Below this, a section titled 'I want to try...' lists three options: 'Making a plan for the next few hours' (illustrated with a clipboard), 'Relaxing and calming exercises' (illustrated with closed eyes), and 'Coping with scary thoughts' (illustrated with a pen).

And remember, if at any point you are struggling - just ask for help!