



WESTON  
COLLEGE



# USEFUL DIRECTORY OF SERVICES

[www.weston.ac.uk](http://www.weston.ac.uk)

# SOURCES OF HELP

## Anxiety

Moodjuice Self-help Guide



## Stress

Moodjuice Self-help Guide



## Anger

Moodjuice Self-help Guide



## MOODJUICE

[www.moodjuice.co.uk](http://www.moodjuice.co.uk)

This online resources is aimed at people who are concerned about their mental health, carers and professional.

It provides workbooks on a rage of topics, including:

- Addiction
- Anger
- Anxiety
- Assertiveness
- Bereavement
- Carer support
- Chronic pain
- Obsession and compulsions
- Phobias
- Post-traumatic stress
- Sleep problems
- Shyness
- Stress

NHS Self-management booklets also available at [www.web.nrw.nhs.uk/selfhelp/](http://www.web.nrw.nhs.uk/selfhelp/)

# IN-COLLEGE SUPPORT



## WELFARE AND COUNSELLING

Welfare, healthcare and counselling are all at every campus. If you need advice on drugs or alcohol, or have course worries, financial concerns or emotional difficulties, this is the place to come.

**Knightstone:** ground floor near reception

**South West Skills:** near the bistro

**Loxton:** reception area on the ground floor

**Health and Active Living Skills:** go to Loxton

[www.weston.ac.uk/welfare](http://www.weston.ac.uk/welfare)



## CAREERS ADVICE

If you need advice on anything related to UCAS, careers, apprenticeships or university, our ASPECT team can help. ASPECT are situated next to the Welfare team on the ground floor of Knightstone Campus.

[www.weston.ac.uk/supporting-you/](http://www.weston.ac.uk/supporting-you/)



## SPECIALIST SUPPORT

Specialist support practitioners are available throughout the College to provide practical help and advice on dyslexia, dyspraxia and S.E.N.D. Please see your personal tutor for information

[www.weston.ac.uk/supporting-you/learning-support](http://www.weston.ac.uk/supporting-you/learning-support)

# IN-COLLEGE SUPPORT



**Big White Wall™**

## **BIG WHITE WALL (ONLINE)**

This is an online support service for those who are stressed, anxious or not coping. It provides a support course (on subject ranging from relationships to eating) for anybody - all under the guidance of trained professionals, who are available 24/7.

[www.bigwhitewall.com](http://www.bigwhitewall.com)

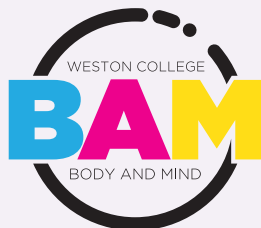


**MHFA England**

## **MENTAL HEALTH FIRST AIDERS**

Weston College has a number of staff who are trained in mental health first aid. This means that if you're ever affected by mental health issues, you'll find someone who can deal with it calmly and confidently.

<https://mhfaengland.org>



## **BAM**

BAM is a College programme that supports the wellbeing of our learners' bodies and minds. BAM uses sport, yoga and art therapy to target every aspect of wellbeing. Timetables of activities are published termly.

[www.weston.sharepoint.com/sites/bam](http://www.weston.sharepoint.com/sites/bam)

# EXTERNAL SERVICES



## POSITIVE STEP

Positive Step is a mental health support service for people who are aged 16 and over and registered with a GP in North Somerset. You can get in touch directly or be referred by your GP or Weston College's MHUB (Weston College's own mental health service).

[www.positivestep.org.uk](http://www.positivestep.org.uk)



## BEAT

Beat is the UK's leading eating disorder charity. It provides support for people and their families on a range of disorders, including anorexia nervosa, binge eating and bulimia.

Studentline: 0808 801 0811

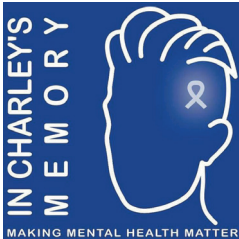


## KOOTH

A friendly online support and counselling community for young people. It's available from Monday to Friday from midday-6pm and on Saturdays and Sundays from 6-10pm.

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

# EXTERNAL SERVICES



## IN CHARLEY'S MEMORY

This local charity - based in Burnham - provides education and support on mental health matters for young people.

[www.incharleymemory.co.uk](http://www.incharleymemory.co.uk)



## SAMARITANS (NATIONAL)

A safe place for you to talk any time you like - in your own way and about whatever's worrying you. There's no age limit.

[www.samaritans.org](http://www.samaritans.org)



## PAPYRUS (NATIONAL)

Papyrus provides confidential and practical support from trained suicide prevention advisers. It closes at 10pm every night. The service is for any age.

Hopeline: 0800 0684141

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

# EXTERNAL SERVICES



**SURVIVORS OF  
BEREAVEMENT  
BY SUICIDE**

## **SOBS (LOCAL AND NATIONAL)**

SOBS is a support service for anybody affected by suicide. The national helpline is open from 9am to 9pm and email support is also available. The service is for over-18s.

[www.uksobs.org](http://www.uksobs.org)



## **THE CHILDREN'S SOCIETY (NATIONAL)**

A national charity that offers advice and support on mental health and emotional issues. It also provides a 'vault' of resources for a range of ages.

[www.childrenssociety.org.uk/mental-health-advice-for-children-and-young-people/the-advice-resource-vault](http://www.childrenssociety.org.uk/mental-health-advice-for-children-and-young-people/the-advice-resource-vault)



**wellspring**  
therapy & training

## **WELLSPRING YOUTH NORTH SOMERSET**

A free counselling service for people aged between 11 and 18. It also offers a service for people aged 19 and above.

[www.wellspringcounselling.org.uk](http://www.wellspringcounselling.org.uk)

# EXTERNAL SERVICES



## NORTH SOMERSET LGBT FORUM

A local service for young people who would like support or advice on gender, lesbian, gay and transgender issues.

[www.lgbtconsortium.org.uk/directory/north-somerset-lgbt-forum](http://www.lgbtconsortium.org.uk/directory/north-somerset-lgbt-forum)



## RETHINK (NATIONAL)

Rethink offers information, advice and guidance on mental illness. Find support in your area and read various guides from the A-Z of mental illness on the website.

[www.rethink.org/home](http://www.rethink.org/home)



## NORTH SOMERSET YOUNG CARERS GROUP

The group provides emotional support for any young carer in the North Somerset area. Support is tailored to individual needs and requirements.

[www.alliancehomesgroup.org.uk](http://www.alliancehomesgroup.org.uk)



# EXTERNAL SERVICES



## TERENCE HIGGINS TRUST (NATIONAL)

Sexual health advice and information and a free direct helpline. Online advice and counselling is available..

Tel: 0808 802 1221

[www.tht.org.uk](http://www.tht.org.uk)



## WISH/UNITY SEXUAL HEALTH (NORTH SOMERSET)

This organisation provides STI testing kits and enables you to find a confidential sexual health service. It also provides a leaning disability service.

[www.unitysexualhealth.co.uk](http://www.unitysexualhealth.co.uk)



## FRANK (NATIONAL)

A glossary of drugs, and advice if you are worried about somebody else. Live chat support is open from 2-6pm and an email service is also available.

[www.talktofrank.com](http://www.talktofrank.com)

# EXTERNAL SERVICES



## YOUNG MINDS (NATIONAL)

Support for parents and young people coping with mental health issues.

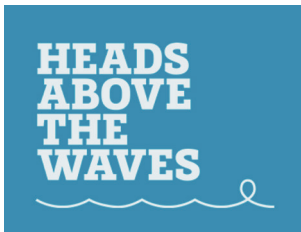
[www.youngminds.org.uk](http://www.youngminds.org.uk)



## SWEDA (LOCAL)

A range of support for anyone affected by an eating disorder. Based in Shepton Mallet, SWEDA also offers monthly support groups and confidential support.

[www.swedauk.org](http://www.swedauk.org)



## HEADS ABOVE THE WAVES

Promotes positive ways of dealing with bad days and raises awareness of depression and self-harm in young people.

[www.hatw.co.uk](http://www.hatw.co.uk)

# EXTERNAL SERVICES



**let's end mental health discrimination**

## TIME TO CHANGE

Dispels myths and establishes facts surrounding mental health. It also offers a wealth of information and guidance.

[www.time-to-change.org.uk/about-mental-health](http://www.time-to-change.org.uk/about-mental-health)



Essential support for under 25s

## THE MIX

Essential mental health support for people aged under 25. It offers advice about sex, drugs, money and relationships.

[www.themix.org.uk](http://www.themix.org.uk)



Somerset & Avon

## SARSAS (LOCAL)

Support for anybody in North Somerset who has experienced rape or sexual abuse. Freephone and email support are available.

[www.sarsas.org.uk](http://www.sarsas.org.uk)

# EXTERNAL SERVICES



## ADDACTION (LOCAL)

Addiction support, mental health support and information and guidance regarding drug and alcohol abuse.

35 Boulevard, Weston Super Mare

[www.addaction.org.uk/advice-and-information](http://www.addaction.org.uk/advice-and-information)



## MIND

Confidential support around any mental health issue. Textline: 86463

Tel: 0300 123 3393

[www.mind.org.uk/information-support/helplines](http://www.mind.org.uk/information-support/helplines)



## SAS (LOCAL)

A service for young people who want to stop using alcohol, drugs or tobacco.

Tel: 01275 888360

[SAS@n-somerset.gov.uk](mailto:SAS@n-somerset.gov.uk)

# EXTERNAL SERVICES



## NHS MOODZONE

Practical advice and interactive tools to explore your mental health.

[www.nhs.uk/conditions/stress-anxiety-depression](http://www.nhs.uk/conditions/stress-anxiety-depression)

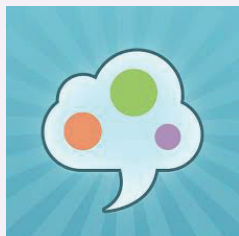


## HEADS TOGETHER

Charity of the Duke and Duchess of Cambridge to support young people facing mental health issues.

[www.headstogether.org.uk](http://www.headstogether.org.uk)

# DIGITAL SUPPORT



## **SAM**

SAM is an app to help you understand and manage anxiety. It's the perfect option if meditation isn't for you.

Free on [IOS](#) and [Android](#)



## **HAPPIFY**

A psychologist-approved mood training programme. Train your brain to overcome negative thoughts.

Free on [IOS](#) and [Android](#)

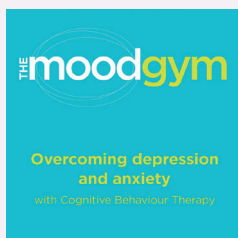


## **MOODTOOLS**

This app is aimed at people who suffer with depression and provides videos to improve mood and behaviour.

Free on [IOS](#) and [Android](#)

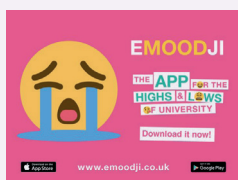
# DIGITAL SUPPORT



## MOODGYM

Literally, a workout for the mind!

Free on IOS and Android



## EMOODJI

An app to help you deal with the ups and downs of student life.

Free on IOS and Android



## BOOSTER BUDDY

Designed to help teens and young adults improve their mental health.

Free on IOS and Android

# DIGITAL SUPPORT



## LIFESUM

An app for all things healthy living. It allows you to set personal goals and provides reminders regarding your goals.

Free on IOS and Android



## HEADSPACE

Learn the skills of mindfulness and meditation in just a few hours a day.

Free on IOS and Android



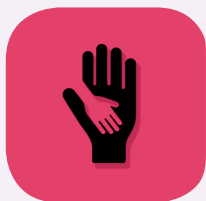
## CALM

Calm was named best app of 2017 and provides sleep stories, guided meditation and relaxing music.

Free on IOS and Android



# DIGITAL SUPPORT



## WHAT'S UP

What's Up provides cognitive behavioural therapy to cope with anxiety, stress and depression. Attempts to log negative thinking patterns.

Free on IOS and Android



## MINDSHIFT

MindShift aims to change the way teenagers and young adults think about anxiety.

Free on IOS and Android



## RISE UP AND RECOVER

This app tracks eating patterns and logs food plans. It also provides coping strategies you can print off.

Free on IOS and Android







## WHO WE ARE

**Weston College's 'MHub' is  
a safes place for learners.**

**Anyone with or without a diagnosed  
mental health conditions is welcome  
to pop in for advice or self-refer to  
the service which is available daily.**

---

**Contact US**  
**Room 304/305**  
**Knightstone Campus**

**01934 422769**  
**MHReferrals@weston.ac.uk**