



Hello from the Safeguarding and Wellbeing team

In these rapidly changing times, we are looking at a variety of ways to engage with our parents and carers, hence introducing the first of our newsletters. This enables us to be in regular contact with you; sharing updates, details of support available in college, links to outside agencies as well as information on a range of issues and challenges our young people may be facing.

These may include mental wellness, stress and anxiety, substance abuse/prevention and tips for 'surviving' your young person's college years. There may be subjects you would like covered, so please do get in touch.

At USP College we have a highly experienced and easily accessible wellbeing team including counsellors, mentors and safeguarding staff. We are also excited to introduce you to our new collaboration with TogetherAll - a digital mental health support service which will be available to all students.

We are very much looking forward to meeting all of our new students and welcoming back our returners!

If you have any concerns that you would like to share with us, please use the contact details at the end of the newsletter.

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Supporting Mental Wellness

Emerging from the lockdown and getting back to some kind of new normal may increase levels of stress and anxiety in us all. Here at USP we are committed to providing all kinds of support because we know how important mental wellness and healthy self-esteem is – it needs to be worked on and talked about.

Both campuses have a friendly and professional wellbeing support team, that offer a variety of services. These include:

One-to-one mentoring and guidance

Supporting with the transition from school to college

Financial help and advice

Acting as an advocate between student & curriculum area

Supporting with the transition from school to college

Group workshops - mindfulness, mental health, resilience, improving positivity

Arranging support from both internal and external agencies

Life on campus after lockdown

We are constantly reviewing Government guidelines and working out how best to deliver the college experience while keeping everyone safe.

We will be offering a blended learning experience which will mean reduced numbers on campus each day, enabling effective social distancing measures.

We have easily accessible hand sanitising stations across the College, and both students and staff are expected to wear masks and social distance in corridors and communal spaces. Masks and distancing are not required in classrooms as students have been placed into curriculum area social bubbles in accordance with Government advice. Each social bubble has a designated break area, and these are monitored by staff to discourage mixing of the bubbles. We would ask that parents also remind their young adults about the importance of following these rules to protect themselves and others

All students will be required to fill in a health questionnaire, whereby they will be able to disclose any COVID specific vulnerabilities, allowing appropriate adjustments to be made, if necessary.

Masks will be available on reception should a student forget to bring one in.





Introducing TogetherAll

A digital mental health support service



What is TogetherAll?

TogetherAll is a digital mental health support service which is available online, 24/7, and is completely anonymous so you can express yourself freely and openly. Professionally trained Wall Guides monitor the community to ensure the safety and anonymity of all members. In addition to Togetherall's online community, you will have access to a wealth of useful resources and can work through tailored self-help courses covering topics such as anxiety, sleep, weight management, depression and many more.

Who is it for?

TogetherAll is available to all students of USP college.

How do I access it?

Visit www.togetherall.com and register with your college email address.

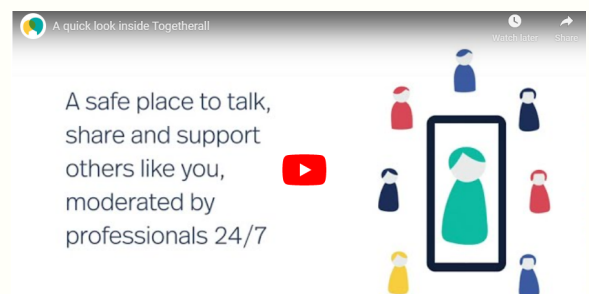
Is it confidential?

TogetherAll is anonymous and totally confidential.

What can you do on TogetherAll?

TogetherAll offers a range of activities that allow you to work through what's troubling you. Access an anonymous community of support available from members 24/7. Share your thoughts and join a Talkabout alongside fellow members to share and discuss what's on your mind, gain support and advice. You can do this with the whole community or form your own groups or one-to-one chats. Take self-assessments to help you understand more about yourself. Make a Brick to express yourself and your feelings creatively through drawing or by uploading your own images. Find lots of information in Resources which can help you understand more about how you are feeling, set goals and track your progress. Make friends anonymously so you can give and receive support from others like you. Join our Courses with others to learn how to manage everything from depression and anxiety to improving your problem solving and learning to stop procrastinating.

For further details, please take a look at this short video



Additional Resources

Mind Infoline

Telephone: 0300 123 3393 (9am-5pm Monday to Friday) Email: info@mind.org.uk
www.mind.org.uk/help/advice_lines



Mind provides confidential mental health information services. With support and understanding, Mind enables people to make informed choices. The Infoline gives information on types of mental distress, where to get help, drug treatments, alternative therapies and advocacy.

Your GP

<https://www.nhs.uk/service-search/find-a-gp>
If your life is in imminent danger, please call 999.



Your GP may be the first person you talk to about your mental health problems. If you have a good relationship with your doctor, you may find it helpful just to know there is someone you can talk to about the feelings you are having. Your GP may refer you to specialist services if he/she feels they will help you.

Samaritans

Telephone: 116 123 (Free 24 hours a day)
Email: jo@samaritans.org
www.samaritans.org



Provides confidential, non-judgmental emotional support for people experiencing feelings of distress or despair, including those that could lead to suicide. You can phone, email, write a letter or in most cases talk to someone face to face.

NHS Every Mind Matters

<https://www.nhs.uk/oneyou/every-mind-matters>



Every Mind Matters has been created by Public Health England, with tips and advice developed with experts and approved by the NHS. It has also been endorsed by the Royal College of General Practitioners.

Public Health England

<https://bit.ly/2xMIs3L>



Guidance for parents and carers on supporting children and young people's mental health and wellbeing during the coronavirus (COVID-19) pandemic

Young Minds

Telephone: 0808 802 5544
www.youngminds.org.uk



Young Minds is the UK's leading charity fighting for children and young people's mental health.

Meet the team

The Safeguarding and Wellbeing team are available to provide advice and support on a variety of topics. All conversations are confidential.



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