

Life can be
tough sometimes.

We are here to help.



SUPPORT BOOKLET FOR STUDENTS

INTERNAL SUPPORT

WELFARE & SKILLS

The Welfare & Skills team at the college are on hand to support students with a multitude of things. From **exam access arrangements** and **study strategies**, to **bereavement** and **mental health** concerns, the team are here for you. Pop in to **S05** (Science corridor) at University Road Campus or **R09** (opposite Costa) at Regent Road Campus.



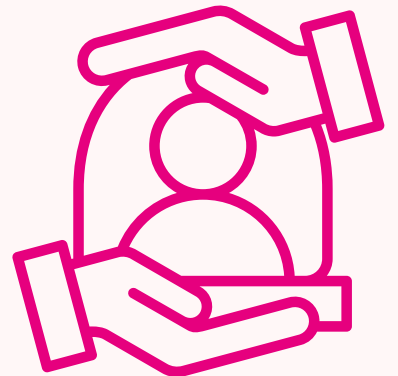
PPMS

Your PPM is your main point of contact for any concerns you have during your time at WQE. They will listen to you and point you in the right direction, whether that be speaking to your teachers or referring you to the Welfare and Skills team. You can drop in to see your PPM at any time.



SAFEGUARDING TEAM

If you are worried about your own safety, or the safety of another student, you can reach out to the WQE Safeguarding Team. You can call the freephone during college hours: **0800 061 4222**, or email **safeguarding@wqe.ac.uk**



EXTERNAL SUPPORT

The Samaritans logo consists of the word "SAMARITANS" in white, uppercase, sans-serif font, centered within a solid green rectangular background.

THE SAMARITANS are available 24 hours a day to provide confidential emotional support for people who are experiencing feelings of distress or despair, including those which may lead to suicide.

Phone (local): **0116 270 0007**

National helpline: **116 123**

Website: **www.samaritans.org.uk**

The Cruse Bereavement Support logo features the word "Cruse" in a large, purple, cursive font, followed by "Bereavement Support" in a smaller, purple, sans-serif font.The hopeagain logo features the word "hopeagain" in a green, lowercase, sans-serif font, with a small green icon of a person's head above the 'i'. Below it, the tagline "young people living after loss" is written in a smaller, green, sans-serif font.

Cruse Bereavement Care is the leading national charity for bereaved people.

Cruse offers face-to-face, group, telephone, email and website support. We have a Freephone national helpline and local services throughout England, Wales and Northern Ireland. Our website Hope Again provides support for young people. Our services are provided by trained volunteers and are confidential and free.

For help and support and for details of your local Cruse service: **www.cruse.org.uk**

National helpline **0808 808 1677**

(Mondays and Fridays 0930-1700, Tuesdays, Wednesdays and Thursdays 0930-2000)

Email - **helpline@cruse.org.uk**

For children and young people: www.hopeagain.org.uk



The next page provides a range of local and national support services who can help you and your family when coping with the loss of a loved one.

AGE UK Leicestershire & Rutland

Phone: 0116 299 2233

National helpline: 0800 009966

Website: www.ageuk.org.uk

AL-ANON FAMILY GROUPS UK

help and support for families and friends of those who have died of alcohol related illness.

Phone: 020 7403 0888

Website: www.al-anonuk.org.uk

COPING WITH CANCER

counselling, befriending services, disease specific support groups and complimentary therapies to anyone affected by cancer within Leicester, Leicestershire and Rutland. They also run a solicitor's surgery if you are struggling with any legal issues or would like some advice. You may refer yourself, a friend or ask your GP to make a referral.

Phone: 0116 223 0055

Website: www.c-w-c.org.uk

THE COUNSELLING DIRECTORY

helps people to find a private counsellor.

Website: www.counselling-directory.org.uk

THE LAURA CENTRE

counselling for parents and carers of children who have died, and counselling to children who have lost a parent. Their website also gives information relating to needs which may be specific to bereaved children and teenagers.

Phone: 0116 254 4341

Website: www.thelauracentre.org.uk

LEICESTER COUNSELLING CENTRE

a charity aiming to provide affordable, high quality counselling to those living in Leicestershire & Rutland.

Phone: 0116 255 8801

Website: www.leicestercounsellingcentre.co.uk

THE SHAMA WOMEN'S CENTRE

free bereavement counselling support to women with emphasis on minority ethnic communities.

They have multi-lingual staff.

Phone: 0116 262 5876 (to book a confidential counselling session)

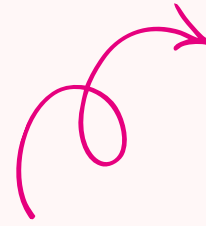
Phone: 0116 251 4747 (for general enquiries)

SURVIVORS OF BEREAVEMENT BY SUICIDE

a self-help group that offers support to families and friends of those who have committed suicide.

National helpline: 0300 111 5065

Website: www.uk-sobs.org.uk



Mind is one of the UK's leading mental health charities. Their website contains lots of useful information, including how to cope with **exam stress**.

Exam stress can be more than feeling nervous on the day of an exam. It can also be how you feel leading up to exams, during exams and when waiting for results. Other things might make us feel worse too. If you think you may be affected by exam stress, reach out to your family, your PPM, the Welfare and Skills team or visit the Mind website.



Leicester, Leicestershire
and Rutland

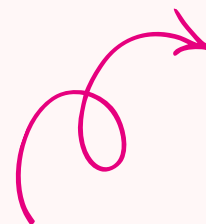
Scan Here to access
the online 111 service



Since August 2024, mental health support has been available through the **NHS 111 service**.

This is a 24/7 service that people of all ages can call to speak to a mental health professional. **Dial 111 and select the mental health option.**

**TURNING
POINT**



Turning Point is a charity that supports people when **drugs and/or alcohol** are negatively impacting their life. It may not just be the person misusing substances that is affected - the people around them (like their family or friends) can be affected too.