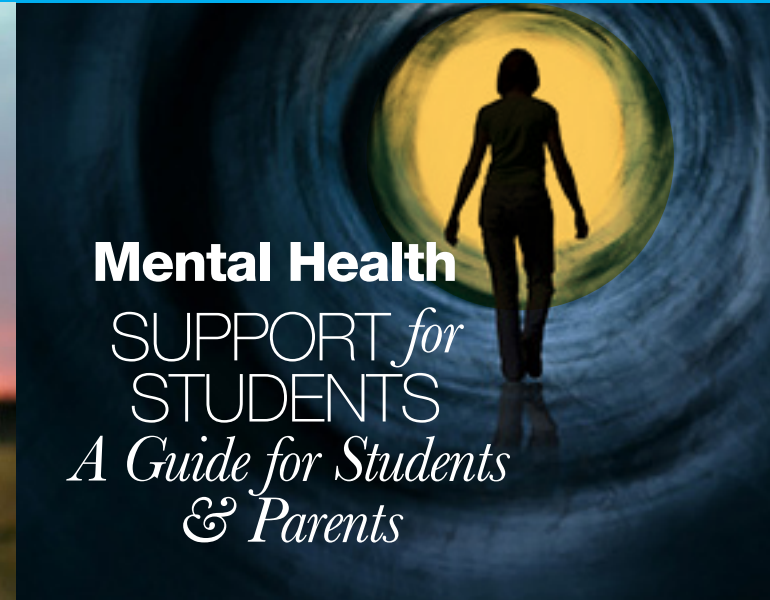


Mental health problems range from the worries and grief we all experience as part of everyday life, to the most bleak, suicidal depression or complete loss of touch with every day reality.

On average one in four of us will experience a mental health problem in the course of a year. These problems can cause real and lasting damage, both to the individual and to the community.

Fortunately the majority of people who experience mental health problems can get over them or learn to live with them especially if they get help early on.



Mental Health

SUPPORT *for* STUDENTS

A Guide for Students & Parents

“I received really excellent support”

“They listened to me”

“I got the help I needed”

“They go out of their way to make you feel at ease when speaking to them”

Contact:

Study Support

Tel: 01772 644375

Email: studysupport@runshaw.ac.uk

Counselling

Tel: 01772 642058

Email: studentcounsellors@runshaw.ac.uk





Support Services available in College

Pastoral Support

Offered to Students who experience particular difficulties which may prevent them from performing at their very best and are in need of additional support. The role of these specialist support staff is to ensure that every student is supported to achieve their full potential. All are trained and equipped to provide the support and guidance to get Students back on track.

How to access this support: Speak to your Personal Tutor

Counselling

Counselling offers a place for Students with difficulties, either at college or at home, to talk to someone. The Counselling service is professional and confidential. Counselling helps Students to work through the difficulties they are facing and find their own answers to try and help their situation.

How to access this support: Visit Student Services (upstairs in Main Student Entrance – Langdale Rd Campus)

Tel: 01772 642058

Email: studentcounsellors@runshaw.ac.uk

Study Support

For those experiencing difficulties coping with college work or who feel that they could do better with some extra help, we have a dedicated study support team to help. They can assist with:

- organising and planning work
- effective time management
- extra workshops in skills such as English, Maths or IT
- developing study skills to maximise potential
- arranging specialist equipment e.g. software for students with dyslexia
- Identifying and exploring individual learning needs

How to access this support: Visit Study Support (near Library – Langdale Road Campus)

Tel: 01772 644375

Email: studysupport@runshaw.ac.uk

Support Services available in College

