Cruse Bereavement Care
Supporting bereaved people.
www.cruse.org.uk
0808 808 1677

PANDAS Foundation
Supporting people affected by pre and postnatal depression.
www.pandasfoundation.org.uk
0843 289 8401

Anxiety UK
Supporting people affected by anxiety.
www.anxietyuk.org.uk
Helpline: 08444 775 774

It's Okay to ask for help

March 2019
A charity for people with eating disorders, and their families. **Beat** is the working name of the Eating Disorders Association. Youthline for people aged 25 and under.

- Youthline: 0345 634 7650
- Helpline: 0345 634 1414
- fyp@b-eat.co.uk

**Kooth** is a free online counselling service for people aged between 11 and 24 years. The service is available Monday - Friday 12-10pm Weekends 6pm-10pm

- www.kooth.com
- Switchboard: LGBT+ Helpline
  - https://switchboard.lgbt/
  - 0300 330 0630
  - Open 24 hours a day

**OCD Action**
- Supporting people living with Obsessive Compulsive Disorder
- www.ocdaction.org.uk
- 0845 390 6232
A report by the Mental Health Foundation suggests that 2 in 3 of us will deal with mental health difficulties in our lifetime.*

This is a guide to the mental health and wellbeing resources that are available in WSC Library, and also lists the mental health services available in the local area.

*https://www.mentalhealth.org.uk/news/two-three-adults-face-mental-health-problems
Support in College

Student Welfare
The student welfare team are here to help you with whatever you need help with. You can drop in and talk in confidence to the Student Welfare and Advice team.

Student welfare is located on the ground floor in The Gateway. It is open from 8.30am—5.00pm Monday to Thursday and 8.30am–4.30pm on a Friday.

Welfare advisers operate an appointment system where you can book in to see an adviser.

There is also a duty system operating each day where you can drop in and see an adviser for 15 minutes.

Wellbeing Suffolk offer help and support to improve wellbeing and manage stress, low mood and anxiety. We aim to reduce the onset of mental ill health, prevent deterioration and promote recovery by offering a range of flexible services tailored to meet your specific needs.

Wellbeing Suffolk
0300 123 1503
Lines open Monday to Friday (excluding Bank Holidays) 8am to

Suffolk Young People’s Health Project
14 Lower Brook Street
Ipswich, IP4 1AP
01473 252607
enquiries@syphp.org.uk

Suffolk Young People’s Health Project (also known as 4YP) is a local charity, which provides and coordinates services that improve the social, emotional, and physical health and wellbeing of young people in Suffolk, aged 12-25.
LOCAL SUPPORT

**The Source**
Information, advice and support for young people in Suffolk.
37-43 Fore Street
Ipswich IP4 1JL
01473 341800
www.thesource.me.uk/health

**Suffolk Mind**
Suffolk Mind
Quay Place (St Mary on the Quay)
Key Street
Ipswich IP4 1BZ
0300 111 6000
info@suffolkmind.org.uk

**Suffolk Children & Young People's Emotional Wellbeing Hub**
Information, advice and support if you are concerned about the mental health of a child or young person aged 0-25.
0345 600 2090 Monday—Friday 8am—7.30pm
www.emotionalwellbeinggateway.org.uk

**Turning Point Suffolk** offers support, help and guidance for anyone affected by drugs or alcohol and wants support to make changes.
http://wellbeing.turning-point.co.uk/suffolk/
email: suffolk@turning-point.co.uk
01284 766554

**Student Welfare and Advice**
We have a dedicated team of advisers on hand to guide you through any problems you may be facing that are non-academic.

**Welfare Team**
The Welfare team consists of 3 Welfare officers, a counsellor, an apprentice mentor, 2 reception staff and 2 Student Liaison officers.

**Counselling Team**
Students are booked in for 8 free sessions, each session lasts 50 minutes. For more information, please enquire in Student Welfare.

**Chaplaincy**
If you would like to speak to someone about your spiritual needs, or just a safe place to talk, then come and see a chaplain.
If you would like to book an appointment with a chaplain, please contact welfare reception.

**Sexual Health**
Terence Higgins Trust are a sexual health organisation who visit our college. Please contact Student Welfare to find out when they are next visiting.
They provide sexual health information for students, along with free condoms which are available once the student has signed up to the C-Card and sexual health screening.
On the main college site, condoms are located in Student Welfare, Health & Safety and IT.

**The Terence Higgins Trust** provides information about: contraception, sex, relationships, STIs, pregnancy and abortion.
www.tht.org.uk
0808 802 1221
While the resources available at the college are a good start for information and support, they are not an alternative to medical care.

If you feel that you need help, do ask for it.

On the next few pages are the names and contact details of some Mental Health & Wellbeing organisations, both locally and nationally.
Autistic Spectrum Disorder (ASD)

Moodboosting books

Obsessive Compulsive Disorder (OCD)
<table>
<thead>
<tr>
<th>Confidence and self-esteem</th>
<th>Eating disorders</th>
<th>LGBTQ+</th>
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| **OVERCOMING LOW SELF-ESTEEM**  
A self-help guide using Cognitive Behavioral Techniques  
MELANIE FENNELL | **TYRANNY**  
I KEEP YOU THIN  
OVERCOMING Anorexia Nervosa  
LEA FERGUSON | **TRAN TEEN SURVIVAL GUIDE**  
Can I tell you about Depression?  
CHRISTOPHER FERGUSON and JOAN MARTIN |
| 155.2 | 616.8526 | 306.768 |
| **SELF ESTEEM AND BEING YOU**  
Teen Life Confidential  
ANNA Hurrell | **EATING DISORDERS**  
An ABC of Eating Disorders  
Aimee Cox | **THAT’S SO GAY!**  
Everything you ever wanted to know about Trans*  
BRYNN TAMEAN DELL |
| 158.1 | 616.8526 | 306.768 |
| **THE SELF-ESTEEM JOURNAL**  
New Edition  
ALEISON WAINES | **ANOREXIA NERVOSA EXPLAINED**  
An eating disorder explained  
EM FARRELL | **TRANS VOICES**  
Learning who you are  
BRYNN TAMEAN DELL |
| 158.1 | 616.8526 | 306.768 |
| **OVERCOMING LOW SELF-ESTEEM**  
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