4th March 2020

Hi All,

Welcome to any new subscribers! For anyone who has not met me or had a wellbeing update e-mail before, I'm Jen the college's Mental Health Lead. I send out e-mails every month or so with links to resources to self- help with improving your wellbeing and to raise awareness for particular charities, causes and social media profiles.

This month I am looking at help for stress. It is something both year groups have been exploring via tutorial as well as exams, revision and worry.

Mental Health First Aid England have a wealth of resources including interactive apps, videos, blogs from lived experiences and podcasts. This particular section of their site is based on stress: <https://mhfaengland.org/mhfa-centre/resources/resource/?id=48b51c37-3ca5-e811-8147-e0071b668081> you can find other topics under their 'Resources' section at the bottom of the page.

MHFA England are the country’s leading provider of mental health first aid qualifications and last year our head student team did a day's training in the subject. Many of the staff here at college are also hoping to be trained by me, as I am an Instructor for the course. The tutors are first in line for training this week, so you can feel assured that they will assist if you need support or information re. wellbeing and mental health.

Let me know if you would like a one to one to discuss services at college or locally. I can usually see students on Thursday or Friday each week.

Jen :)