

Student Health

Need some extra help with your physical or mental health?

Then we're here for you

Your physical and mental health is important to us. That's why we have a dedicated Student Health team on hand to provide support and advise you in a safe, confidential and non-judgemental environment.

Our Team

The Health team consists of; the Student Health Coordinator, two Mental Health coaches and two student counsellors. They are available to all students to offer support across all three college sites.

How we help

There are times in all our lives where our physical and/or mental health is in need of attention and we need help. The Health team will work with you so that you can be independent and resilient, ensuring that any illness has minimal effect on your study.

Throughout the year, the Health team also holds health promotion weeks and advice on topics including; general health, sexual health, and drugs and/or alcohol support.

External Mental Health and Wellbeing Services:

- [Papyrus](#)
- [Samaritans](#)
- [KOOH](#)
- [Mind](#)
- [Dorset HealthCare: The Retreat](#)
- [Calm](#)
- [Steps to Wellbeing \(18+\)](#)
- [Child Line](#)

External Health Services:

- [NHS 111](#)
- [When to go to A&E](#)
- [When to call 999](#)
- [When to visit an urgent treatment centre](#)
- [NHS out-of-hours services](#)