Bournemouth &Poole College

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Tuesday, 20 December 2022

A very Merry Christmas and holiday period from the Student Support team at Bournemouth & Poole College. A huge congratulations for all your hard work in the last year.

We are aware that the December holiday period is different for everyone, and for many this can be a really difficult time. Like you, the support team will not be at The College over this period, and as such we would like to take the time to highlight the below services that will be available to you throughout this time.

Please note our normal college support services will resume from Tuesday 3rd January 2023.

The college itself is closed on Wednesday 21st December and will re-open on Tuesday 3rd January

Kooth: www.kooth.com

Kooth is an online counselling service that is entirely free to use. Kooth can be used anonymously, and provides a set of ears if you need to offload. Kooth also hosts discussion boards and lots of materials that you can access for support.

• Get self-help: www.getselfhelp.co.uk

Get self-help is a great website that is full of resources to support you with your mental health. Get self-help is a large collection of resources based on research around mental health. Get self-help offers lots of useful tips and strategies to support you if you are struggling.

• Nightstop: uk.depaulcharity.org/nightstop-about-us

Nightstop is a charity that provides emergency accommodation for anyone who has nowhere to stay. Nightstop are able to find a home in the local area with a spare room offering food, shower facilities, and somebody to speak to.

NHS 111: 111.nhs.uk

NHS 111 can provide information on any potential health concerns you are experiencing. NHS 111 asks a few questions about you and what your concern is and helps find the right answer for you. It will then give you guidance on what steps you need to take for your health (e.g., visit your GP, go to A & E).

• 999

Finally, if you feel that you are at any risk of harm and need emergency support then you must call 999 immediately.

Again, we would like to wish you all a very Happy Christmas and look forward to seeing you again in the New Year.

The Student Support Team

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