



Fully-funded mental health support for students and young people.

All courses **fully funded** - funded through donations, fundraising and generous grants from organisations such as The Oli Leigh Trust, The Louis Ross Foundation and the Costco Trust

SIXTH FORM, COLLEGE AND UNIVERSITY STUDENT WELL-BEING SUPPORT SPRING 2021



SESSIONS OFFERED - FREE FOR YOU

	<u>Goal Setting</u>	<u>Keeping Safe & Carrying On</u>	<u>Talk Safe, Plan Safe</u>	<u>Yoga</u>	<u>Zentangle</u>
What is it?	Guided practise workshop to identify the obstacles in your way and how to overcome them. You will come away with a clear pathway to your success.	Wellbeing support session detailing how your psychological system works & practical tips for coping with stress, anxiety and sleeplessness.	Comprehensive overview of suicide prevention concepts and best practise. Explains how to use a safe plan, make a comfort box and the theory of constraints to help someone in crisis.	Evening hatha yoga practise to ease your stress and anxiety.	Guided doodling practise - incredibly relaxing and distracting from your worries. A supportive space.
Who is it for?	Anyone looking for guidance on their path	Anyone struggling to cope with the weight of their worries	Anyone supporting someone who is suicidal N.B. This session is not suitable for anyone who is currently feeling suicidal themselves	Anyone looking for relaxation	Anyone looking for a playful and calming break

All sessions last 90-minutes



MARCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5 <u>Zentangle</u> <u>4:30 pm</u>	6
7	8	9	10 <u>Keeping Safe</u> <u>2:00 pm</u>	11 <u>Goal Setting</u> <u>2:00 pm</u>	12 <u>Zentangle</u> <u>4:30 pm</u>	13
14	15 <u>Yoga</u> <u>8:00 pm</u>	16	17	18 <u>Talk Safe</u> <u>2:00 pm</u>	19 <u>Zentangle</u> <u>4:30 pm</u>	20
21	22 <u>Keeping Safe</u> <u>6:30 pm</u>	23 <u>Goal Setting</u> <u>6:00 pm</u>	24	25	26 <u>Zentangle</u> <u>4:30 pm</u>	27
28	29	30 <u>Talk Safe</u> <u>5:00 pm</u>	31			



Keeping Safe
6:30 pm

APRIL

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 <u>Keeping Safe</u> <u>6:00 pm</u>	2 <u>Zentangle</u> <u>4:30 pm</u>	3
4	5	6	7 <u>Goal Setting</u> <u>2:00 pm</u>	8	9 <u>Zentangle</u> <u>4:30 pm</u>	10 <u>Keeping Safe</u> <u>2:00 pm</u>
11	12 <u>Keeping Safe</u> <u>6:30 pm</u>	13	14 <u>Talk Safe</u> <u>4:00 pm</u>	15	16 <u>Zentangle</u> <u>4:30 pm</u>	17
18	19 <u>Yoga</u> <u>8:00 pm</u>	20	21 <u>Keeping Safe</u> <u>4:00 pm</u>	22	23 <u>Zentangle</u> <u>4:30 pm</u>	24
25	26 <u>Yoga</u> <u>8:00 pm</u>	27 <u>Talk Safe</u> <u>5:00 pm</u>	28	29 <u>Keeping Safe</u> <u>5:00 pm</u>	30 <u>Zentangle</u> <u>4:30 pm</u>	