



SAFEGUARDING SPOTLIGHT



Mental Health

**WARNING – SOME OF THE CONTENT IN THIS EDITION MAY BE TRIGGERING.
PLEASE SPEAK TO A MEMBER OF THE SAFEGUARDING TEAM IF YOU WOULD LIKE SUPPORT**

Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community. It is an integral component of health and well-being that underpins our individual and collective abilities to make decisions, build relationships and shape the world we live in. Mental health is more than the absence of mental disorders. It exists on a complex continuum, which is experienced differently from one person to the next, with varying degrees of difficulty and distress and potentially very different social and clinical outcomes.

**IF YOU NEED HELP FOR A MENTAL HEALTH CRISIS OR EMERGENCY, YOU SHOULD
GET IMMEDIATE EXPERT ADVICE AND ASSESSMENT.
GET HELP FROM 111 ONLINE OR CALL 111 AND SELECT THE MENTAL HEALTH
OPTION.**

Support for
yourself

Support for a
friend or partner

Parent or carer
advice and
resources

Anxiety and panic
attacks

Bereavement

Borderline
personality
disorder

Depression

Eating Problems

Panic Attacks

Psychosis

Self Harm

Stress

Suicidal Thoughts

Suicide Attempt

A-Z

5 STEPS TO MENTAL WELLBEING

Connect with people

Be physically active

Learn new skills

Give to others

Pay attention to the present moment (mindfulness).

Click HERE for self care techniques

HOW WILL COLLEGE SUPPORT ME WITH MY MENTAL HEALTH?

We ask students to disclose any mental health concerns during enrolment, this helps us to identify those who may potentially need support throughout the year and discuss coping strategies.

Anyone that discloses self harm, suicidal thoughts, suicidal attempts and some complex needs will be asked to complete a safety plan.

We may need to conduct risk assessments and speak to external services that are currently supporting you.

We can signpost externally or offer internal support through our counselling service, Wellness check ups or chaplaincy service.

If we have concerns for your safety we may need to call emergency contacts.

Please be aware we cannot guarantee confidentiality.

There may be times we have to share information with local authorities, police or parents/carers, regardless of age. Drop into the wellbeing centre, email safeguarding@mbro.ac.uk, text SAFE to 60081 or speak to a tutor.