







## Student Mental Health & Wellbeing ~ Supported Pathways to Wellness

<p><b>Signs and symptoms that require immediate support</b></p> <p>Distressed or in crisis</p> <p>Thoughts or plans of killing or hurting yourself or others</p> <p>Hearing voices or seeing things that no one else can see or hear</p> <p>Unexplained changes in thinking, speech, or writing</p> <p>Being overly suspicious or fearful</p> <p>Serious drop in college performance</p> <p>Sudden personality changes that are out of character</p>	<p><b>For urgent help and support contact NHS 24 emergency services in Accident &amp; Emergency.</b></p> <p>Contact your GP for help and specialist services.</p> <p>Support in College ~ Mental Health First Aid or ASIST trained staff</p>	<p><b>For urgent medical help and support dial 999.</b></p> <p>For non-urgent medical help, advice and support dial 111 or go to <a href="https://www.nhs24.scot">https://www.nhs24.scot</a></p> <p>The College have a number of staff trained in Mental Health First Aid and ASIST (Applied Suicide Intervention Skills Training) providing immediate help and support to those who need it. For help and support at the College during office hours telephone: 01355 807780 (ask for Student Services or an ASIST trained member of staff) or email <a href="mailto:student.support@slc.ac.uk">student.support@slc.ac.uk</a></p>	<p>It is important to seek urgent help and support if you are in crisis and staff will be there to care for you every step of the way. It is important to know that support is available, and a mental health emergency is taken as seriously as a physical one.</p> <p>Students experiencing issues with mental health and/or be in crisis can be supported by staff to contact their GP or emergency services as well as information and advice on external specialist support agencies. This includes concerns with health and psychological difficulties, anxiety, depression, self-harm, or suicide ideation.</p>
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### External Supported Pathways

#### **NHS 24**

NHS 24 provides a co-ordinated, single source of quality assured health and social care information for the people of Scotland.

W: <https://www.nhs24.scot>

T: 111. For emergency medical services call 999

#### **Police Scotland**

Police Scotland's purpose is to improve the safety and wellbeing of people, places and communities in Scotland. Their focus is on keeping people safe which is at the heart of everything they do.

W: <https://www.scotland.police.uk/>

T: For emergencies call 999. For non-emergencies call 101.

#### **The Samaritans**

Offer a safe place for you to talk at any time you like, in your way – about whatever's getting to you. They offer confidential, listening and emotional support to those experiencing distress and anxiety.

W: <https://www.samaritans.org>

T: Freephone Helpline – 116 123

E: [jo@samaritans.org](mailto:jo@samaritans.org)

#### **Breathing Space**

Provide a free, confidential, phone service for anyone in Scotland experiencing low mood, depression or anxiety.

E: <https://www.breathingspace.scot>

T: 0800 83 85 87

#### **e-Lanarkshire Mental Health Resources**

Online resources for mental health and wellbeing. Many can benefit from using self-help booklets as an aid to understand the problems they are experiencing and learn new ways to help them deal with those problems. For further information, go to <http://www.elament.org.uk/self-help-resources/>

#### **See Me Scotland**

See Me Scotland provide an emotional resilience toolkit that provides practical guidance in promoting the resilience of young people as part of an integrated health and wellbeing programme. For further information, go to <https://www.seemescotland.org/media/8155/resilience-toolkit.pdf>