

**To speak confidentially to staff** Telephone: 01355 807780 (ask for Student Services)  
Email: [student.support@slc.ac.uk](mailto:student.support@slc.ac.uk)  
Further information can be found [here](#)

[illegible]

Student Services ~ Supported Pathways to Wellness ~ AY 2025-26

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

	Educational Learning Support team	<p>You can be referred by your Course Tutor. Alternatively, you can self-refer at <a href="https://myportal.slc.ac.uk/ldbooking">https://myportal.slc.ac.uk/ldbooking</a> or by emailing <a href="mailto:support.forlearning@slc.ac.uk">support.forlearning@slc.ac.uk</a></p> <p>For information on study skills email <a href="mailto:study.skills@slc.ac.uk">study.skills@slc.ac.uk</a></p>	<p>The Educational Learning Support team provide 1:1 practical help and advice to support mental health and wellbeing. They also provide learning resources and materials as well as a range of special aids, in-class support, enabling technologies and equipment and software. They also offer specialist workshops on literacy and numeracy including study skills, academic writing and referencing styles. All of which can help support the learner journey. <a href="#">Learning Development and Additional Support Needs - South Lanarkshire College</a></p>
	Community Pastoral Support team (Chaplaincy) & Quiet Room	<p>You can be referred by Student Services by emailing <a href="mailto:student.support@slc.ac.uk">student.support@slc.ac.uk</a> or contact a member of the Pastoral Support team directly by email. Click <a href="#">here</a> for further information.</p>	<p>Provide pastoral and emotional support in times of difficulty including crisis and bereavement; discussions or concerns about faith and belief; provide confidential conversations involving relationships, welfare, stress, and offering 'active listening'. The College also offers a designated quiet room for self-reflection and prayer. This is located on the first floor near to the library and is open to all students.</p>
	Peer support through the Student Association	<p>You can contact the Student President and Vice President by emailing <a href="mailto:student.association@slc.ac.uk">student.association@slc.ac.uk</a></p>	<p>The Student Association is the elected representative of the student community. It is an important part of the College's support system and provides 1:1 support to students, as well as delivering on student events and activities. Activities such as focus groups/lunch time support sessions can also help students feel less isolated and more connected. Peer support can improve people's wellbeing, meaning they have larger support networks, and better self-esteem, confidence, and</p>

## 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>social skills. <a href="#">Student Association - South Lanarkshire College</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. <a href="#">Wellbeing Matters Lanarkshire   Mental Health Support</a></p>
--	--	--	--

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

### 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

#### Wellbeing Matters 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 [Wellbeing Matters Lanarkshire | Mental Health Support](#)

#### 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>

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

### **Little Blue Suicide Prevention Lanarkshire**

A women's peer support group for individuals 18 years and over, with a core focus on mental wellness and suicide prevention. [Little Blue – Suicide Prevention.com](https://www.littleblue.com)