



TRANSITION SUPPORT

The college works alongside other services to support your transition to college and make this as easy as possible.

KOOTH

Kooth.com is an online counselling service providing a free, safe and non-judgemental place for young people aged 11-18 years. It can be hard to know what to do when you have something on your mind. Kooth.com are there if you're feeling worried, feeling unsure as well as accessing drop-in or booked sessions with professional counsellors from 12pm-10pm weekdays and 6pm-10pm weekends. The services are completely anonymous and a fantastic way for young people to get the help and support they need, with no long waiting times or referral processes.

Listen to the Kooth Podcast below on **What is Anxiety?**

https://open.spotify.com/episode/05QXazta9txcxNvydEZlIt?si=ls5OE4YPRQm_3_1NIUuwRw

MENTAL HEALTH SUPPORT TEAM

MHST are Education Mental Health Practitioners who offer early intervention for young people experiencing anxiety and low mood. They help students who are feeling low in their mood, unmotivated, sad and depressed.

You can watch a **short webinar** from our Mental Health Support Team for strategies on coping with any challenges.

