



Mental Health

Domestic Abuse

Sexual Health

Knife Crime

Food Banks

More

SUPPORT SERVICES

FOR STUDENTS

**SANDWELL
COLLEGE**
A CAREERS COLLEGE

Central
Saint Michael's
Sixth Form
A UNIVERSITY-STYLE SIXTH FORM

cadbury sixth
form college
SERVING THE CITY OF BIRMINGHAM



An emotional health and well-being service for young people ages 5-18 (or up to 35 if you're a care leaver) who are registered with a GP in Sandwell.

Cradley Heath Community Centre (Reddal Hill Rd, B64 5JG) - Tuesdays, 2.30–6pm

Central Saint Michael's (New St, B70 7PG) - Wednesdays, 2.30–6pm

Open Heaven Gospel Hall (Price Rd, Wednesbury, WS10 0EZ) - Thursdays 2.30–6pm



togetherall

 www.togetherall.com

Free of charge to college students, Togetherall offers support from trained professionals 24/7. **Access Togetherall by logging in with your college email and password.**

MENTAL HEALTH APPS



Student Health App

Reduce your worries, feel more confident and get the support you need.



MeeTwo

A safe and secure forum for teenagers wanting to discuss their issues.



Catch It

Learn how to look at problems in a different way and deal with negative thoughts.



Scan this to see the full range of apps verified by the NHS

Mental health services such as counselling and CBT are free on the NHS. For more info, visit the NHS website or contact your GP.



 www.nhs.uk

There is lots of info and support for mental health and wellbeing on the NHS website.

For medical help and advice now, visit **111.nhs.uk** online or phone **111** if you're unable to get help online.

If there is an immediate risk to life, phone 999 now



 www.kaleidoscopetrust.com

STUDENT WELLBING SITE

 www.linktr.ee/sandwellstudentwellbeing

Our Student Wellbeing website includes links to lots of internal and external support for a range of issues, wellbeing related activities, and is updated regularly with useful information.



 **Welfare in The Hub, 3rd floor**

 **welfare@sandwell.ac.uk**

Confidential counselling service for students, speak to Welfare for info.

MENTORING

Our mentors listen, advise, and enable students to succeed. Speak to your tutor for more info.

Sexual Health & Drugs



www.brook.org.uk

Sexual health and wellbeing support for young people. See website for information on a Brook clinic near you.

FRANK

[0300 123 6600](tel:03001236600)

www.talktofrank.com



ourguideto.co.uk

Domestic Abuse & Sexual Violence



[08088 010818](tel:08088010818)

www.thesurvivorstrust.org

Provides a range of support services for women, men, and children who are victims/survivors of abuse.

Refuge

[0808 2000 247](tel:08082000247)

www.nationaldahelpline.org.uk

Free 24/7 domestic abuse helpline for women and children.

Food Banks



SANDWELL COLLEGE FOOD BANK

Welfare, The Hub, 3rd floor

Mon-Thu: 08:30-17:00
Fri: 08:30-15:30

welfare@sandwell.ac.uk

WEST BROMWICH FOOD BANK

23 Victoria Street
West Bromwich
B70 8EX

0121 580 0068

Mon-Fri: 12:00-13:30



Knife Crime & County Lines



www.fearless.org

Access non-judgemental info and advice about crime. Also a site where you can safely and anonymously give info about crime.

_#knifefree

www.knifefree.co.uk

Whether you carry a knife, are thinking about carrying, or are worried about someone you know getting involved with knives – there is help and support available on #knifefree.



www.cygnethealth.co.uk
0808 164 4450

A wide range of services for individuals with mental health needs, autism and learning disabilities.



www.mwn.co.uk
0121 236 9000

A small national charity that works to improve the social justice and equality for Muslim women and girls.



www.libertysupportservices.co.uk
0121 525 8847

A specialist supported living provider working in partnership to provide care and support to people with learning disabilities and complex needs.



www.disability.co.uk
03030 402040

Provides a confidential info and advice service, empowering disabled people with timely and accessible information.



SAFEGUARDING TEAM

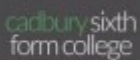
Visit: Room UG/21, Ground floor, Central Campus
Call: 0121 667 5101
Email: safeguarding@sandwell.ac.uk

FINANCIAL SUPPORT

Visit: Welfare desk in The Hub, 3rd floor, Central Campus
Call: 0121 667 5073
Email: welfare@sandwell.ac.uk

STUDENT SUPPORT

Available on every floor (Central Campus) and at Central Saint Michael's for advice, guidance and general help.



SAFEGUARDING

Visit: Student Central
Call: 0121 458 3898
Email: Louisa.Dare@cadbury.ac.uk

STUDENT SUPPORT

Visit: The Hub, located by Student Central
Email: Nathaniel.Gordon@cadbury.ac.uk or Thomas.Collins@cadbury.ac.uk

