

IN4M: Information in 4 Minutes (Student)

Oct 2017

MENTAL HEALTH

What Is Mental Health? Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood. Over the course of your life, if you experience mental health problems, your thinking, mood, and behavior could be affected. Many factors contribute to mental health problems, including: biological factors, such as genes or brain chemistry, life experiences, such as trauma or abuse, family history of mental health problems. Mental health problems are common and help is available. People with mental health problems can get better and many recover completely.

World Mental Health Day - 10 October 2107

World Mental Health Day is observed on 10 October every year, with the overall objective of raising awareness of mental health issues around the world and organising events in support of mental health. Hugh Baird College will be running an event in support of World Mental Health Day. The event is free and open to all students. There will be a host of guests from local health and wellbeing organisations who will be available to give advice and support and to signpost to external agencies who offer specialist services outside the college. The event will run in the L20 Building and will begin at 10am and finish at 3pm. Please feel free to drop in and pick up some

WHAT CAN I DO IF I HAVE A CONCERN?

The College has a range of services that you can access, if you feel that you need to talk to someone. Based in The Pod, there are the Retention & Progression Team who are trained Safeguarding Officers. We have our Health & Wellbeing Coordinator, again, a Safeguarding Officer. We also have the College Counsellor who is qualified and experienced in dealing with issues that may impact upon a person's mental health. All of these services are designed to support you during your time at college and are available for appointments and are usually available for you to just drop in, depending on how busy the services are at the time of your visit. If we are busy we will offer an alternative appointment or alternative service, so either way, you will always be heard.



Creative crafts and mindful colouring • Chill-out zone • Body art
 Mindfulness and chair-based yoga • Hand and shoulder massage
 Information and advice from health and wellbeing organisations
 Chances to win great prizes with our free-to-enter wellbeing treasure hunt, including EFC tickets, signed LFC memorabilia and vouchers for local stores and restaurants!

Tuesday 10 October, 10am - 3pm
 L20 Building, Hugh Baird College
 (Corner of Stanley Road and Balliol Road, Bootle)

Follow @AccessSefton on Twitter for more information