



Wellbeing Pack

At City of Bristol College, we consider a whole approach to individuals, recognising that life experiences can impact how you navigate your way with presenting challenges.

This Wellbeing Pack has been designed to offer you activities and strategies, that could support and empower you.



Wellbeing Pack Content

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Alternative counselling/wellbeing services and resources:

If you need urgent care or are in crisis, please contact your GP, 111 or 999

Service Name	What the service does?	Contact
Off The Record (OTR)	Mental health support and information service in Bristol which provides counselling, group workshops, anti-stigma campaigns, creative therapies, LGBTQ+ networks and support, stress management workshops and community-based support groups for young people.	You can access services through the website: Contact OTR - OTR (otrbristol.org.uk) Or via email at: hello@otrbristol.org.uk Or via phone on 0808 808 9120 (Freephone) Please note this number is operated Mon-Fri, 2-5pm.
Bristol Mind Line	Free mental health support line.	Call from Wednesday to Sunday 8pm to midnight on 08088080330.
AWP Mental Health Crisis Line	Mental health support line for people experiencing an extreme mental health or emotional crisis that requires help. The service is staffed by dedicated clinical staff who deliver compassionate and effective support.	Call 0800 953 1919, open 24/7.
Samaritans Bristol	24 hours local and national helplines.	Phone: 116 123 – free to call Text: 07725 909090 Email: jo@samaritans.org
Bristol Drug Project	Drug and alcohol services charity supporting people towards independence from drugs and alcohol.	Phone: 0117 987 6000 Or drop in at: BDP, 11 Brunswick Square, Bristol, BS2 8PE from Monday – Friday, 9:00am – 5:00pm and Saturday 9:30am – 1:00pm.

The Swan Project	Low-cost counselling primarily for those suffering from addiction (must be over 18).	Fill out the form on this web page: Contact Us – The Swan Project or phone on: 0117 9892521.
Togetherall	A service which all students at college have access to. Togetherall provides 24/7 online confidential mental health and wellbeing support, with trained counsellors and a range of resources available. These include forums, courses, self-assessments, and goal planners.	Use this link: https://togetherall.com/en-gb/ You just need to register using your college email address.
Talking Therapies South Gloucestershire	This service from 16 allows you to access NHS talking therapy services within South Gloucestershire, in partnership with other providers.	You can self-refer to this service by completing an online form on their website: Bristol, North Somerset and South Gloucestershire - Vita (vitahealthgroup.co.uk).
One You South Gloucestershire	One You South Gloucestershire brings everything together to support local people in South Gloucestershire to improve their wellbeing through a variety of services. They aim to help you: - Feel more confident about managing your emotional and mental wellbeing. - Feel more able to get involved in your local communities. - Feel less isolated, and anxious. - Feel able to make changes in other areas of your lives.	Call 01454 865 337 or go to this link and fill in the form: Contact us One You South Gloucestershire (southglos.gov.uk).
Vita Minds	If you are suffering from depression, anxiety, post-traumatic stress disorder, excessive worry or low mood, then VitaMinds can help. VitaMinds works in	Call us on 0333 200 1893 to start your referral. We will then arrange an initial assessment. 8am – 8pm Monday to Thursday 8am-5pm Friday 9am – 1pm Saturday.

	partnership with the NHS to offer a range of short-term psychological therapies known as IAPT (Improving Access to Psychological Therapies) to adults 16-years and over, who live and are registered with a GP in Bristol, North Somerset, and South Gloucestershire.	
HearttoHeart Counselling	Low-cost counselling service in Bristol offering counselling with a qualified or student counsellor to anyone over the age of 12, including couples counselling.	Call: 07926314739, or email: Hearttoheartbristol@gmail.com
Network	Network Counselling offers affordable counselling in a welcoming, safe, and confidential space where people can be listened to, accepted, and understood. Counselling is available to anyone from the age of 16.	Email: info@network.org.uk for Counselling and General Enquiries.
<u>Help Counselling (9-25yrs)</u>	Help Counselling offers help to distressed young people in a confidential setting. With services available from as little as £10, Help Counselling work with both parents and children to support young people in all aspects of their life.	Fill in the online form here: Contact Form - Help Counselling (help-counselling.org.uk)
Kooth	Kooth is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use.	Fill in the sign up sheet here Signup - Kooth :
The Bridge	The Bridge is a Sexual Assault Referral Centre and they offer medical care, emotional and	Free and confidential advice 24 hours a day, 365 days a year via their helpline: 0117 342 6999

	psychological support, and practical help to anyone who has been raped or sexually assaulted.	
The Green House	The Green House's mission is to help people affected by sexual abuse and rape to recover from their trauma and help improve their mental health, wellbeing, and resilience through the provision of specialist professional therapy accessible to all.	Email: info@the-green-house.org.uk , Text: 07378 905183 , Phone: 0117 935 1707
Grief Encounter	Supporting bereaved children and young people.	Helpline: 0808 802 0111. Other services on website: Home - South West - Grief Encounter , link for secondary school age children: Secondary & Young Adults - Grief Encounter .

Young Minds ; [YoungMinds | Mental Health Charity For Children And Young People | Young Minds](#)

020 7089 5050

NHS Mental Health for Resources for children and Young People

[Mental Health Resources for Children and Young People OBSOLETE REPLACED APRIL 26 \(Remedy BNSSG ICB\)](#)

Bristol Sanctuary – a safe, welcoming place for people who are experiencing severe emotional distress. Open Thursday-Monday from 5pm-midnight at Gloucester House, Dorian Way, Southmead. **Telephone 07790295661 or email awp.bmhsanctuary@nhs.net.**

Crisis Service – if you need immediate help call 0300 555 0334. The line is open 24 hours a day, every day, and calls are charged at local rate. If you have a routine enquiry, **call 0117 919 5670 from 8am-8pm.**

Wellaware-Provide a range of services including counselling to people living in Bristol in Bishopsworth, Withywood, Whitchurch Park and BS13 area.

Tel: 0117 964 4670 <http://www.wellaware.org.uk>

Lift-Provides short term Wellbeing Therapies

Tel: 0117 982 3209 <http://lift.awp.nhs.uk/bristolandglos>

Bereavement

Cruse Bereavement

Free bereavement counselling

Tel: 0844 477 9400 <http://www.crusebereavementcare.org.uk/>

Hopes Place

Offers free counselling and advice to women (and partners) with issues such as miscarriage, still-birth, adoption, post-abortion and sexual health concerns.

Tel: 0117 329 0757 <http://www.hopesplace.org.uk/>

The Harbour

Providing free and professional counselling and psychotherapy for people affected by a life-threatening illness.

Tel: 0117 925 9348 <http://www.the-harbour.co.uk/>

Sexual Abuse

Kinergy

A free and confidential service for all survivors of sexual abuse and rape.

Tel: 0117 908 7712 www.kinergy.org.uk

Rape Crisis Line

Tel: 0117 929 8868 <http://www.bristolrapecrisis.org.uk>

Young People

Emotional wellbeing for children and young people

Tel: 0800 11 11 <http://www.childline.org.uk/>

Eating Disorders

B-eat

Help and support for people affected by eating disorders, their carers, friends and family.

Tel: 0845 634 1414 and youth line contact **0845 634 6099** <http://www.b-eat.co.uk/>

Victim Support

Emotional and practical support to people affected by crime

Tel: 0845 456 6099 <http://www.victimsupport.org.uk/>

Domestic Violence

Bristol Domestic Abuse Forum

Offers a range of support for anyone experiencing physical, emotional, sexual, financial abuse.

<http://www.bdaf.org.uk/>

South Gloucestershire Domestic Violence Forum

Tel: 01454 868008 or cis@southglos.gov.uk

National Domestic Violence Helpline

Tel: 0808 200 0247 or <http://www.nationaldomesticviolencehelpline.org.uk/>

Citizens Advice

Citizens Advice can provide advice on a range of different topics. Calls to this service cost the same as landlines. See How much does it cost to call Citizens Advice for more information.

0808 278 7957

Your local Citizens Advice bureau can also provide information and advice. You can use the Turn2us Find an Adviser tool to find its contact details or look at the Citizens Advice website for the country of the UK you live in for more details:

[Citizens Advice Bristol - free, independent, impartial and confidential advice \(bristolcab.org.uk\)](http://bristolcab.org.uk)

Debt

StepChange

If you need free advice on problem debt, you can call StepChange. Their team of debt experts can help you find the solutions you need.

0800 138 1111 (weekdays 8.00 am - 8.00 pm, Saturdays 8.00 am to 4.00 pm)

[StepChange Debt Charity. Free Expert Debt Help & Advice](#)

Domestic Violence/Abuse

Women

National Domestic Violence Helpline

If you are experiencing domestic violence, you can call the National Domestic Violence Freephone helpline for support and information.

0808 2000 247 (24 hour)

[Homepage - National Domestic Abuse Helpline \(nationaldahelpline.org.uk\)](https://nationaldahelpline.org.uk)

Men

Men's Advice Line

Men's Advice Line is a confidential helpline for men experiencing domestic violence from a partner, ex-partner or from other family members.

0808 801 0327 (Monday to Friday 9.00 am - 5.00 pm)

[Domestic Abuse Helpline for Men | Men's Advice Line UK \(mensadviceline.org.uk\)](https://mensadviceline.org.uk)

Childline

A confidential service for vulnerable children under 19 to talk about anything that is worrying them.

0800 1111 (24/7) [Childline | Chilhttps://www.nspcc.org.uk/dline](https://www.nspcc.org.uk/dline)

NSPCC

The National Society for the Prevention of Cruelty to Children provide 24/7 help and support if you are worried about a child.

0808 800 5000 (24/7)

<https://www.nspcc.org.uk/>

Disability and Health

Disability Law Service

The Disability Law Service provides free legal advice, information and representation to disabled people and their families or carers.

0207 791 9800 (weekdays 10.00 am till 1.00 pm then 2.00 pm till 5.00 pm) for general enquiries

<https://dls.org.uk/>

Macmillan Cancer Support

Macmillan are a national charity that helps people living with cancer. It provides practical, medial and financial support as well as campaigning for change.

0808 808 0000 (seven days a week 8.00 am to 8.00 pm)

<https://www.macmillan.org.uk/>

Scope

Scope provides free and independent support on issues that matter to disabled people and their families. Calls are free from a UK landline and from most mobiles.

0808 800 3333 (weekdays 9.00 am - 5.00 pm)

<https://www.scope.org.uk/>

Migrants

Migrant Help

Migrant help are, a charity helping people seek asylum as well as a working on a number of other migrant specific issues.

0808 80000 630

website <https://www.migranthelpuk.org/>

Mental health

Mind

The Mind Infoline provides information on a range of issues including mental health problems, medication and advocacy.

0300 123 3393 (9.00 am to 6.00 pm Mondays to Fridays except bank holidays)

<https://www.mind.org.uk/>

Tax

TaxAid

TaxAid provide support to vulnerable, low income taxpayers who can't resolve tax issues with HM Revenue and Customs (HMRC). They can help you understand parts of the tax system, pay the right amount of tax and resolve crises when things go wrong.

0345 120 3779 (Monday to Friday 10.00 am - 12.00 noon)

<https://taxaid.org.uk/>

Stress Management

Stress is one way that our bodies respond to the day-to-day struggles and demands of life. A little stress can be healthy- it keeps us alert and productive. However, when we experience too much stress, it can result in serious physical, emotional, and behavioural symptoms.

Some physical symptoms include;

Asthma

Headaches/ Migraines

Back pain

Sweating

Nausea/ dizziness/ fatigue

Indigestion

Some emotional/ cognitive symptoms include;

Worry

Irritability /Anger/ mood shifts

Loss of motivation/ difficulty concentrating

Memory loss

Decreased sex drive

Behavioural symptoms include;

Nail biting/ grinding teeth/ restlessness

Constant thoughts about stressors

Disrupted sleep/diet and exercise

Interpersonal conflict

Social withdrawal

Procrastination

Substance use

Stress Management Tips

Here are some tips that may support you in managing your stress;

Keep in mind that stress isn't always a bad thing, stress can be a motivator towards solving problems. Reframing stress as an acceptable emotion, or as a tool, has been found to reduce many negative symptoms associated with it. The goal is to manage stress not eliminate it.

Talk about your problems, even if they won't be solved. This releases hormones in the body that reduce the negative feelings associated with stress. Time talking to good friends and family is valuable and can support you through difficult situations.

Prioritise your responsibilities, focus on completing tasks one at a time, which is the most important to complete? Having a big to-do list can be stressful. Working through small tasks can give a sense of stability.

Focus on the basics, look at where you can support your basic needs such as eating well, exercise, healthy sleep patterns, connecting with friends and others forms of self-care. This can have an impact on your wellbeing and reduce feelings of stress.

Create balance, when an aspect of your life becomes overwhelming you can remain stuck and focused in this area, this can impact other areas of your life. Try and create balance in the other areas of your life such as family, friends, education, career, personal hobbies.

Set time aside for yourself, personal time can be pushed to the bottom of the list when you are dealing with stressful situations in your life. By neglecting time for yourself this can create stressors to feel heightened, scheduling in time for yourself can support a sense of relief.

Keep things in perspective, take a step back and look at the stressors in your life. When we are in the heat of the moments stressors in life can feel bigger than they are. Think about the stressors in a broader context, will they matter in a week, a year?

Look at where you can get support, where you can support yourself. Try and connect to present moments and hold space, knowing that stressors shift and change. Developing trust in yourself that you can get through them.

Thought Record

[illegible]

Weekly Schedule for Behavioural Activations

Creating a Schedule of activities that will lead you to having a positive experience in your day. If you are feeling depressed or unmotivated, it might be difficult to complete large or complex tasks. Start by making simple goals and work up to more challenging goals.

Day	Morning	Afternoon	Evening
Example	• Wake up for 8am • Have a full breakfast	• Go for 15-minute walk	• Call a friend • Practice Guitar
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Positive Activities for Behavioural Activations

Create a list of activities that you find rewarding. Rate the activity in to categories; How easy you found it to complete, how rewarding it was (with 10 being very easy/rewarding, and 1 being difficult/ not at all rewarding).

[illegible]

Self-care Checklist

Self-care activities are the things you do to maintain good health and well-being. You'll find that many of these activities are things you already do as part of your normal routine.

When life feels overwhelming, going back to basics such as self-care can offer you comfort, and encourage you to move through the challenges you are going through.

Here is a self-care check list, is there aspects of this list that you can bring in to your daily routine, that you feel could support you now.

Physical Self-care

Eat healthy food/ prepare good meals/ snacks

Take care of personal hygiene

Exercise/ walking/ swimming/ gym/ dance/ sports

Wear clothes that help make you feel good about yourself

Eat regularly

Get enough sleep/ create routine to calm yourself before bed

Rest when you are sick/ recognise when you need to slow down

Psychological/ emotional Self-care

Express feelings in healthy ways journal/ talking/ art/ music

Recognise your own strengths and achievements

Talk about your problems

Connect with friends and family

Take time off if necessary

Find reasons to laugh/ have fun

Have time away from devices

Grounding/ walks outside in nature

Social Self-care

Spend time with people who I like

Connect with friends or family that aren't near

Have good conversations

Meet new people

Ask others for support/ find out who can support you

Make plans with friends to go out/ activities

Spend time with your partner

Keep in touch with old friends

Look at who supports and encourage you

Spiritual Self-care

Spend time in nature/ grounding

Meditation/ pray

Recognising the things that give life meaning

Act accordingly with morals and values

Set aside time to connect with yourself and reflect

Participate in fulfilling activities

Find inspiration in life art/ music/ films/ literature

Professional Self-care

Improve professional skills/ education

Create routine/ structure/ set goals

Say no to excessive new responsibilities

Take on projects that's inspire/ motivate you/ feeling rewarding

Learn new things that support you goals and aspirations

Make time to talk, build new relationships with peers/ colleagues

Take breaks in between work

Maintain balance/between professional and personal life

The Wheel of Life

The Wheel of life can help to see the different aspects in our lives.

Health: How do you feel? How would you scale your current state of health?

Career: How do you feel about your current job or business?

Learning: What kind of education do you feel you need more of?

Money: Are you earning what you deserve? How is your current sense of prosperity?

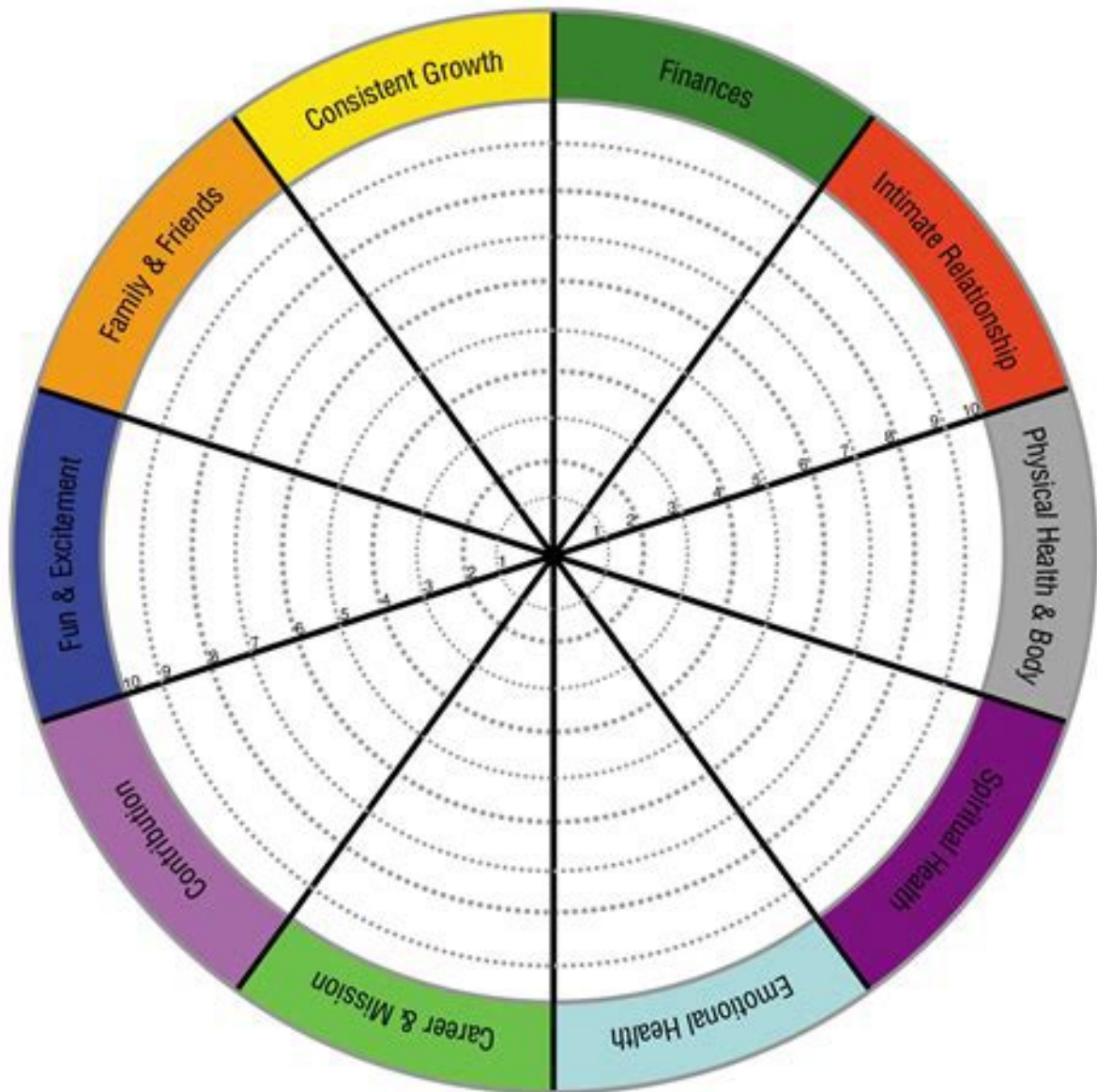
Family: When it comes to your spouse, children, or extended family, do you have the connections that you value?

Intimacy: What do you want to see more of in your close friendships?

Hobbies: Do you have time to explore your interests? Is your bucket list mostly empty?

Meaning or Spirituality: Do you feel like your core values are in sync with how you act?

Wheel of Life



Once you've filled the Life Wheel sections with the categories you want to explore, decide how satisfied you are with each one. This is where the real fun begins (and it is fun, even if you've got real problems. People love to quantify). Ascribe a number to your satisfaction level from 1 to 10, or just shade in the pie section as much as you feel appropriate.

Once you've set down those numbers and have taken a closer look, your mind will naturally turn to how you can move those levels of satisfaction up. You might start with the category where you want the most room for improvement, but not always – if there are quick wins you can implement right away in other categories, maybe that's what you should focus on just to get the life wheel more balanced.

Be open and honest with yourself about how satisfied you are in each area of life, and let the Life Wheel empower you to move your life to where you want it to be.

Goal Setting

Setting goals can allow us to create focus on positive changes and movement towards what we want in our life's. By creating goals to work towards you can offer stability to yourself during challenging times. What goals could you set now that will support the life you want to create. These goals can be set for short-term outcomes, and long-term outcomes.

Setting a Goal

What do I wish to accomplish in the next week:

What do I wish to accomplish in the next year:

What do I wish to accomplish in the next 5 years:

Obstacles and Strategies

Obstacles to reaching my goals:

What I can begin tomorrow that will work towards my goal: