



SUPPORT FOR YOU

Your wellbeing matters to us

We value the wellbeing of all our students. We are here to help you - no matter how big or small your worries may be. We are dedicated to helping you make the most of your time at college by offering support, guidance and care.

Who can help you?

- Campus Safeguarding Lead
- Wellbeing Advisors
- Emotional Literacy Support Assistant (ELSA)
- PSD Tutors

Wellbeing Advisors campus availability:

Chippenham Mon 9am-3pm, Wed 10am-3pm, Thurs 10am-4pm

Lackham Tues 9am-4pm, Thurs 9am-4pm

Salisbury Tues 9am-3.30pm, Thurs 9am-3.30pm

Trowbridge Mon 9am-2pm, Tues 9am-2pm, Thurs 9am-2pm

**Cross-College
Counsellor** Mon 10am-4pm, Wed 9am-4pm

Wisdom App

Download the 'Wisdom' App for 24/7 wellbeing support. Track your wellness, improve your mental health and stay resilient through tough times.

Call their helpline on **0800 028 3766**

Remember: You are never alone - help is always available

If you are worried about yourself or someone you know, please get in touch with the Safeguarding Team or email safe@wiltshire.ac.uk