

### **Samaritans**

**116 123**

A free confidential 24 hour helpline, available 365 days per year for anyone who is feeling suicidal or who is struggling to cope and needs to talk if things are getting to you.

### **Childline**

**0800 1111**

Free 24 hour helpline for children and young people in trouble or danger.

### **Kooth.com**

**[www.kooth.com](http://www.kooth.com)**

24 hour online counselling and advice service for young people. Also outreach service offering one to one support.

### **NHS 111**

Free 24 hour medical helpline, available 365 days a year.

### **MIND**

**0300 123 3393**

**[www.mind.org.uk](http://www.mind.org.uk)**

Mental health charity for adults. Advice and support for people with mental health difficulties, their families, friends and professionals.

### **Young Minds**

**0808 802 5544**

**[www.youngminds.org.uk](http://www.youngminds.org.uk)**

UK's leading charity supporting children and young people's mental health. Offers a dedicated Parents Helpline.

### **Happy? OK? Sad?**

**[www.happyoksad.org.uk](http://www.happyoksad.org.uk)**

Warrington's mental health site offering online advice and support if you are experiencing a mental health problem.

### **Child Bereavement UK**

**01928 577 164**

**[www.childbereavement.org](http://www.childbereavement.org)**

National charity providing support to families, children and young people up to the age of 25.



# Post Priestley Support Package

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Priestley College, Loushers Lane, Warrington, WA4 6RD

01925 633591

**[www.priestley.ac.uk](http://www.priestley.ac.uk)**

## POST PRIESTLEY SUPPORT PACKAGE

**Leaving College can be one of the most exciting but also most overwhelming times in your life. You go suddenly from routine and timetables to having nothing planned at all. It's natural to feel a little insecure about it all but don't fret, life post-College really is the start of the most exciting chapter. Leaving Priestley does not mean that we forget about you!**

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### NEXT STEPS

#### Post Results

There will be a core team of experienced tutors and guidance officers available to support you for your next steps in employment or university and they will be available on results day and thereafter.

If you have performed better than expected, you can apply for Adjustment with our support. We can then see whether your application could be considered favourably by other universities.

Also if you have underperformed and have not reached the grades required for university choices, you can apply through Clearing with our help and support.

If you are yet to secure a job, we can also offer you support for your CVs, applications and interview practise through our careers service.

Careers Service – you are still able to access our Guidance Officers who will be able to give you the latest information, opportunities in apprenticeships, employment and will also be able to support your university application next year for 2020.

#### Senior Tutor Support

You can request support from your ST who will be able to help you with a wide range of support and can signpost or refer you directly to external agencies.

#### Alumni Network

No matter when you left Priestley College you can always recall the great friends you made and experiences you enjoyed. Our Alumni Association has been created to help you remain in contact with your peers, build lifelong networks and to support your career progression.

An online network of support from previous students and we are keen to find out what you are up to

- Lifelong Careers Advice
- Help organising reunions
- Alumni Newsletter
- Invitations to college events
- Invitations to speeches from special guests

#### What can you offer?

- Become a Student Mentor, answering questions from students about university or jobs.
- Offer work experience, which may help a student secure a job in the future.

#### Presentation Evening Early September - Celebrating Success and Endeavour!

An opportunity to meet up with your friends and teachers for a night to remember and sharing your plans of your next steps.

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## EXTERNAL SUPPORT AVAILABLE IF YOU ARE CONCERNED ABOUT YOUR GENERAL WELLBEING

**Feeling anxious? or worried?  
Or you would like to talk to someone in confidence about a mental health issue you are experiencing?  
Confidential information and support is available from the following organisations.**

#### Talking Matters, Warrington

**01925 401 720**

Part of the National Improving Access to Psychological Therapies (IAPT) programme. Information, advice and support for people aged 16 and over who are experiencing a mental health difficulty.

#### 'Mind Works' Drop-In-Clinics

**01925 575 904**

Staffed by a CAMHS clinician offering help, advice and support to people aged 17 and under who may be worried about a mental health problem.

#### Where:

Warrington Youth Cafe, Buttermarket Street, Warrington

#### When:

Tuesdays 12-1pm Wednesdays 4.30-6pm

**or**

#### Where:

Orford Youth Base, Capesthorne Road, Orford

#### When:

Tuesdays 3.30 - 5pm and Wednesdays 3.45 - 4.45pm  
(No referral needed)

#### Papyrus

**0800 068 4141**

**[www.papyrus-uk.org](http://www.papyrus-uk.org)**

Suicide prevention charity for children, teenagers and young adults. Also offers support and advice to parents and professionals.