

Safeguarding, Mental Health and Wellbeing Support

Internal Contact details for support services at Loughborough College

SAFEGUARDING IS OUR PRIORITY

If you are concerned about a learner who may be at risk please call the dedicated phone on **07979737474**

Monday - Friday 8.30am - 5.00pm

Outside of these hours and in an emergency call **999** to request emergency services. You can also contact the police on **101** and for medical concerns call **111**

MENTAL HEALTH SUPPORT

The Mental Health Team at Loughborough College are on hand to support you in a variety of ways.

If you're already seeking support for mental health difficulties outside of college, we can work with you, and anyone involved in maintaining your mental health, to assist with your studies and help you to progress towards your goals.

To arrange an appointment contact:
Sarah Outram - 07810757603
Jess Cox - 07881598630
email: mentalhealth@loucoll.ac.uk

INCLUSION

Inclusion Mentors offer support to those who are in care, care leavers, young carers, young parents, those with criminal convictions and those who are vulnerably housed.

Please contact:
Amanda James - 07795284161
Sue Fenton - 07798571899
email: inclusion@loucoll.ac.uk

WELLBEING

We can offer you confidential 1:1 advice and guidance for sexual health, substance misuse, relationships and your general wellbeing.

Please contact:
Julia Thomas - 07929041378
Robyn Leader - 07929041807
email: wellbeing.mentor@loucoll.ac.uk

EXTERNAL AGENCIES

MENTAL HEALTH



Leicestershire Partnership
NHS Trust

Urgent NHS mental health support for people of all ages living in Leicester, Leicestershire and Rutland

24/7 Central Access Point: 0116 295 3060

www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/



PAPYRUS
PREVENTION OF YOUNG SUICIDE

Hopeline UK:
0800 068 41 41
www.papyrus-uk.org



Call: 116 123
www.samaritans.org



Forums, self help guides and access to online counselling
www.kooth.com

DOMESTIC ABUSE



Outreach Services: 0808 80 200 28
Office: 01509 550317
www.lwa.org.uk

FOOD BANK



07495 561408
loughborougharea.foodbank.org.uk

SUBSTANCE MISUSE



Turning Point is the integrated substance misuse service for the county and works with anyone who is affected by drugs or alcohol and wants support to make change.

01509 279390
wellbeing.turning-point.co.uk/leicestershire/hubs/loughborough/

WELLBEING



Wellbeing, providing help for people with anxiety, depression and other similar difficulties. You can self refer, or ask your GP to refer you.

01509 561 100

HOUSING NEED



01509 260500
www.thebridge-eastmidlands.org.uk