

DISCOVER YOUR FUTURE SELF



STAYING SAFE OVER CHRISTMAS



www.blc.ac.uk
0800 074 0099

SUPPORT FOR YOU OVER CHRISTMAS.

- ✚ For all the fun and festivities of the holiday season, for many it can be a time of loneliness, anxiety and concern.
- ✚ Take time this Christmas break, to slow down and relax, and look after yourself after a difficult year.
- ✚ Please remember, that although the college is closed, there is support available for you if you are struggling.

For more information visit www.blc.co.uk or call 0800 074 0099

Connect with Buxton & Leek College on     

BUXTON & LEEK
COLLEGE



HOW TO LOOK AFTER YOURSELF THIS CHRISTMAS

- ✚ Prioritise whatever it is that will help you relax and feel calm.
- ✚ Practice self-care, whether that's reading, walking or watching a film.
- ✚ Get out the house, get wrapped up warm and go on a walk.
- ✚ Allow yourself the time and space you need.
- ✚ If you can, be honest with the people around you.
- ✚ Let others know how they can look after you best this Christmas.

For more information visit www.blc.co.uk or call 0800 074 0099

Connect with Buxton & Leek College on     



SUPPORT FOR YOU

Although we are closed as a college, there is a lot of professional advice and support students can access over the holidays. The following slides will provide information for the following:

- 🧩 Mental health support
- 🧩 Domestic violence support
- 🧩 Safeguarding support

For more information visit www.blc.co.uk or call 0800 074 0099

Connect with Buxton & Leek College on     



MENTAL HEALTH SUPPORT

- ✚ Your mental health may worsen over the Christmas period. When we are out of routine of college/work, spending a lot of unstructured time at home we can often feel lost and low.
- ✚ The Christmas period can also bring up upsetting memories or feelings for us that we find hard to cope with.
- ✚ If you are struggling with your mental health, the next 3 slides show a range of organisations you can contact for support, for under children, young people and adults.

For more information visit www.blc.co.uk or call 0800 074 0099

Connect with Buxton & Leek College on     



MENTAL HEALTH SUPPORT

✚ **Samaritans-** Confidential support for people experiencing feelings of distress or despair.

Phone: 116 123 (free 24-hour helpline)

Website: www.samaritans.org.uk

✚ **Young Minds-** Information on child and adolescent mental health. Services for parents and professionals.

Phone: Parents' helpline 0808 802 5544 (Monday to Friday, 9.30am to 4pm)

Website: www.youngminds.org.uk

For more information visit www.blc.co.uk or call 0800 074 0099

Connect with Buxton & Leek College on     



MENTAL HEALTH SUPPORT

- ✿ **SANE-** Emotional support, information and guidance for people affected by mental illness, their families and carers.

Textcare: comfort and care via text message, sent when the person needs it most: www.sane.org.uk/textcare

Peer support forum: www.sane.org.uk/supportforum

Website: www.sane.org.uk/support

- ✿ **PAPYRUS-** Young suicide prevention society.

Phone: HOPElineUK 0800 068 4141 (9am to midnight, every day of the year)

Website: www.papyrus-uk.org

For more information visit www.blc.co.uk or call 0800 074 0099

Connect with Buxton & Leek College on     



MENTAL HEALTH SUPPORT

 **Mind**- Promotes the views and needs of people with mental health problems.

Phone: 0300 123 3393 (Monday to Friday, 9am to 6pm)

Website: www.mind.org.uk

Visit the NHS website <https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/> to find more support available.

For more information visit www.blc.co.uk or call 0800 074 0099

Connect with Buxton & Leek College on     



DOMESTIC ABUSE

- ✚ The number of domestic abuse crimes reported to the police over the Christmas period historically increases each year.
- ✚ Spending a lot of time in the family home can unfortunately sometimes lead to disputes between family members.
- ✚ If you are a victim of domestic abuse, are experiencing it in the household, or have concerns about someone you know there is support available.

For more information visit www.blc.co.uk or call 0800 074 0099

Connect with Buxton & Leek College on     



BUXTON & LEEK
COLLEGE



DOMESTIC ABUSE

Refuge- supports women, children & men experiencing domestic violence with a range of services. For support, call our Helpline on 0808 2000 247. If you are worried about a friend, neighbour or loved one you can also call this line.

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

If you believe there is an immediate risk of harm to someone, or it is an emergency, you should always call 999.

For further support see <https://www.gov.uk/guidance/domestic-abuse-how-to-get-help>

For more information visit www.blc.co.uk or call 0800 074 0099

Connect with Buxton & Leek College on     



SAFEGUARDING

- December sees a spike in Safeguarding issues every year and the NSPCC report increasing numbers of children phoning them for help because relationship tensions among families tend to come to a head over the Christmas break.
- Safeguarding is everyone's responsibility. Over the next 5 slides there is information on what to do if you are concerned your own safety, a child or vulnerable adults safety.

For more information visit www.blc.co.uk or call 0800 074 0099

Connect with Buxton & Leek College on     



SAFEGUARDING- CONCERNS ABOUT YOUR OWN SAFETY.

🌈 If you are **concerned about your own safety** and feel at immediate risk of harm, whether you are under 18 or over- call 999 or 101.

🌈 If you are under 18 and concerned about your safety contact the NSPCC Childline [0800 1111](https://www.nspcc.org.uk/childline)

They offer a 1-2-1 Counsellor chat:

[/https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/](https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/)

For more information visit www.blc.co.uk or call 0800 074 0099

Connect with Buxton & Leek College on     



SAFEGUARDING- CONCERNS OVER A CHILD

✦ If you have serious concerns about the safety of a child or young person up to the age of 18, depending on the child's address contact:

Staffordshire First Response:

0800 1313 126

0345 604 2886 Out of hours

<https://www.staffordshire.gov.uk/Care-for-children-and-families/Childprotection/First-Response.aspx#Reportaconcern>

Or (Next slide)

For more information visit www.blc.co.uk or call 0800 074 0099

Connect with Buxton & Leek College on     

BUXTON & LEEK
COLLEGE



SAFEGUARDING- CONCERNS OVER A CHILD

🌈 Or Derbyshire Starting point:

01629 533190

01629 532 600 Out of hours

<https://www.derbyshire.gov.uk/social-health/children-and-families/support-for-families/starting-point-referral-form/starting-point-contact-and-referral-service.aspx>

For more information visit www.blc.co.uk or call 0800 074 0099

Connect with Buxton & Leek College on     

BUXTON & LEEK
COLLEGE



SAFEGUARDING- CONCERNS OVER A CHILD

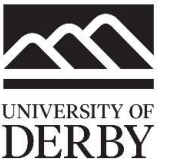
🌈 If you believe the child to be at risk of immediate harm, this must be reported to the police on 999 or 101.

For more information visit www.blc.co.uk or call 0800 074 0099

Connect with Buxton & Leek College on     



BUXTON & LEEK
COLLEGE



SAFEGUARDING- CONCERNS OVER AN ADULT

🌈 If you have serious concerns about the safety of a vulnerable adult, depending on the adult's address contact:

Staffordshire Adults Safeguarding Board:

0345 604 2719

0345 604 2886 Out of hours

<https://www.staffordshire.gov.uk/Advice-support-and-care-for-adults/reportabuse.aspx>

For more information visit www.blc.co.uk or call 0800 074 0099

Connect with Buxton & Leek College on     

BUXTON & LEEK
COLLEGE



SAFEGUARDING- CONCERNS OVER AN ADULT

🌈 Or Derbyshire Safeguarding Adults Board:

01629 533190

01629 532600 Out of hours

<https://www.derbyshiresab.org.uk/professionals/safeguarding-adult-referrals.aspx>

For more information visit www.blc.co.uk or call 0800 074 0099

Connect with Buxton & Leek College on     

BUXTON & LEEK
COLLEGE



SEE YOU IN THE NEW YEAR.

Take care of yourself this Christmas, use the support available and reach out if you are struggling. We will see you in the new year!

For more information visit www.blc.co.uk or call 0800 074 0099

Connect with Buxton & Leek College on     



BUXTON & LEEK
COLLEGE

