

# DISCOVER YOUR FUTURE SELF



## EASTER CLOSURE, ESSENTIAL SUPPORT INFORMATION



[www.blc.ac.uk](http://www.blc.ac.uk)  
0800 074 0099

April 2022



# EASTER 2022 - COLLEGE CLOSURE INFORMATION

- 🎉 Term ends on Friday 8<sup>th</sup> April, College reopens on Monday 25<sup>th</sup> April 2022.
- 🎉 During this period it is important to:
  - Look after your physical and emotional wellbeing
  - Know who to contact if you need help or support

For more information visit [www.blc.co.uk](http://www.blc.co.uk) or call 0800 074 0099

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# LOOKING AFTER YOUR PHYSICAL AND EMOTIONAL WELLBEING - TIPS

- ✚ Try and keep active by taking regular walks or exercising.
- ✚ Be mindful and take notice - Easter is a busy time but try and take some time to be mindful and pay attention to your surroundings
- ✚ Take a break from technology and Social Media
- ✚ Make sure you eat a good balanced diet
- ✚ Keep hydrated - make sure you are regularly drinking water - avoid binge drinking alcohol
- ✚ Get good sleep

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# WHO TO CONTACT IF YOU NEED HELP AND SUPPORT

- ✦ [Young Minds](#) - mental health support.
- ✦ [Samaritans](#) - crisis support.
- ✦ [The Mix](#) - providing information and support to under-25s on a range of issues including mental health problems.
- ✦ [Shout](#) - a 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if someone is struggling to cope and needs immediate help.
- ✦ [Kooth](#) - an online mental wellbeing community. Access free, safe and anonymous support.
- ✦ [Safeline](#) - support and advice for people who affected by or at risk of sexual abuse
- ✦ [CEOP](#) - A tool to report and receive support for online abuse.
- ✦ [Childline](#) - free confidential advice line, online or by phone - 0800 1111
- ✦ [Police](#) - 101 for non emergencies or 999 if you are at immediate risk of harm

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# HAVE A SAFE EASTER!



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