



Mental Health Statement

BSC Education aims to ensure the mental health of its team members and students is respected and protected. We prioritise the health, safety and well-being of all who work and study with us and are wholeheartedly committed to nurturing a culture that is compassionate and caring inline with our visions and values.

We are committed to ensuring that the ethos of a positive mental health culture is at the forefront of everything we do. We aim to encourage and support an environment within the colleges that helps all fulfil their potential irrespective of disability or ill health. Should any team member or student experience mental health difficulties, we are here to support you.

BSC Educations commitment:

- To promote the equality of opportunity and challenging mental health stigma
- To promote a supportive and open environment to discuss and raise mental health difficulties
- To promote mental wellbeing throughout our colleges
- To provide dedicated Mental Health First Aiders based in each of our colleges or available remotely should any who work and study at BSC need it
- To provide targeted individual mental health support where appropriate
- To provide online mental health, well-being and safety advice to students through our guided e-learning portal
- To work collaboratively to promote positive well-being and provide resources to team members and students
- To regularly review mental health and well-being support

Support and Wellbeing at BSC Education



At BSC we want to make sure your time studying with us is as stress-free and rewarding as possible. It is important that you look after your physical and mental health. Should you need any support whilst you are studying with us please reach out to a friendly member of our team or alternatively there are other support networks out there to help!

Childline - Call 0800 1111

Childline is a confidential 24-hour counselling service for children and young people in the UK which can help and support many issues including abuse, mental health, and relationships.

Frank - Call 0300 1236600

Frank is a confidential 24-hour drug and alcohol helpline in the UK that provides advice, information, and support to young people and their families.

The Mix - Call 0808 808 4994

The Mix is a free and confidential support service that offers phone, email, and webchat counselling to people under 25 on issues including mental health, relationships, and money. (<https://www.themix.org.uk/>)

Samaritans - Call 116 123

Samaritans is a charity that provides a free, confidential listening service for people experiencing emotional distress or struggling to cope, which can be accessed via phone, email, or in person. (<https://www.samaritans.org/>)

Young Minds

Young Minds is a UK charity that provides information, advice, and support for young people's mental health. (<https://www.youngminds.org.uk/>).

SHOUT

If you would prefer not to talk but want some mental health support, you could text SHOUT to 85258.

