

HERE FOR YOUR



WELLBEING

We offer:

- **College Counselling and Wellbeing Support**
- **Moodle Self-help Resources and Togetherall.com**
- **Guided Self-help Sessions with our on-site NHS Education Wellbeing Practitioners**

Talk to your Tutor & Student Services to find out more or complete the Wellbeing Form on Moodle.



**South Thames
Colleges Group**