

WELCOME PACK

Health & Wellbeing

Support Organisations

If you need help or support when the college is closed, please contact one of the organisations listed below.

If it is an emergency you should call 999.

Samaritans

Samaritans is a free and confidential service for people of any age. You can contact the charity 24 hours a day, seven days a week and talk to them about anything - including if you're feeling suicidal. To contact the Samaritans, call 116 123 free from any phone, email jo@samaritans.org or visit their [website](#).

The Mix

The Mix is a free and confidential support service for people aged under 25. They can help you take on any situation you're dealing with, from mental health to money, from homelessness to finding a job, and from break-ups to drugs. Get in touch [online](#) or by phoning 0808 808 4994. If you're experiencing a crisis, including suicidal thoughts, you can text THEMIX to 85258.

Sane

Sane is a national helpline offering specialist emotional support and information to anyone affected by mental illness, including family, friends and carers. You can call 0300 304 7000, or visit their [website](#).

Shelter

Shelter gives advice to people who are homeless or about to become homeless. An adviser could help you to keep your home or help you find emergency housing. You can contact Shelter by calling 0808 800 4444 from 8am to 8pm on weekdays and 9am to 5pm at weekends, or via their [website](#).

National Domestic Helpline

The National Domestic Violence Helpline is run in partnership between Women's Aid and Refuge. It offers a free, 24-hour phoneline to give support, help and information over the phone to women experiencing domestic violence as well as anyone calling on their behalf. You can reach the helpline by calling 0808 2000 247, and you can visit the [website here](#), and there is information about covering your tracks [online here](#).

Support for men experiencing domestic abuse

Men can experience domestic abuse too. Nobody should have to live in fear of their partner. **Men's Advice Line** offers advice and support for men experiencing domestic violence and abuse.

Kooth

Kooth is a free, safe and anonymous online support service for young people. You can chat to counsellors, read articles written by young people, get support from the Kooth community, write a daily journal. Visit the [website here](#).

Havens in Surrey

Adult Safe Havens is a free drop-in service for any adults experiencing a crisis or emotional distress. The service is open from 6pm to 11pm every day of the year, and there is a **Safe Haven in Epsom**.

Childline

ChildLine is a free and confidential service for young people aged 19 and under. Whatever your worry, whenever you need help, however you want to get in touch. You can reach ChildLine by calling 0800 1111 any time, by emailing or by chatting online via their [website](#).