

Spotlight on Mental Health

College has a duty to ensure your child or young person is safe in college and this includes having a focus on their health and wellbeing. We know that one-in-four adults and one-in-ten children experience mental illness during their lifetime and that this can impact on their learning.

Improved mental health and wellbeing is associated with a range of better outcomes for people of all ages and backgrounds.

These include:

- Improved physical health and life expectancy
- Better educational achievement
- Increased skills
- Reduced health risk behaviours such as smoking and alcohol misuse
- Reduced risk of mental health problems and suicide
- Improved employment rates and productivity
- Reduced anti-social behaviour and criminality and higher levels of social interaction and participation.

College has a team of experienced staff who are here to support our learners with a range of issues, with the aim to remove barriers to learning. Learners can self-refer to see a Mentor or Welfare Officer at any time during the year. Alternatively they can speak to their Progress Tutor or curriculum staff who will refer them.

Having someone to talk to at those crucial times can really help learners get back on track and support them to be successful in their course and ultimately their lives.

Since March 2020, Covid 19 has caused all sorts of disruptions to all our lives. We know this has increased anxieties and put pressure on those struggling with their mental health. When you are living with someone who is struggling you can sometimes feel helpless, but please remember you are not alone. You can contact the College Wellbeing team for advice and guidance, they may suggest making an appointment with your GP or signpost you to other agencies. At college learners can access informal support through their Progress Tutors, the Mentors or Welfare Officers or our onsite counsellors.

If you are worried about someone there are various sources of information, this is not an exhaustive list;

<https://www.mind.org.uk/information-support/helping-someone-else/>

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[CAMHS Rotherham, Doncaster, North Lincolnshire](#)

<https://www.nottinghamshirehealthcare.nhs.uk/camhs-parents-and-carers>

<http://www.withmeinmind.co.uk/parents-carers/>

Big White Wall has been renamed as Togetherall – new name, same great service and support available to staff and students – if you haven't already visit www.togetherall.com

All our learners can access free 24/7 support with their mental health through Togetherall, our online mental health platform. This gives people an opportunity to express themselves in a safe online community which is monitored by clinically trained professionals, who can offer help and advice if required. Learners can access this using their college email address, it is a safe way of accessing support anonymously. However please be assured that they follow safeguarding duties and where they have concerns about someone's safety they have procedures to follow.

This platform has recently changed its name from Big White Wall, if your child or young person registered when it was called this, their registration will still be live and they will be redirected to

www.Togetherall.com

Online blackmail

The term 'online blackmail' is used to refer to the act of threatening to share information about an individual (including sexual images or videos) to the public, or their friends and family, unless a demand is met. Online blackmailers can target anyone, but as young people begin to become more financially independent, this can be a point of vulnerability, which offenders seek to exploit.

What is sextortion

Many people use webcams for flirting and cybersex - but sometimes people you meet online are not who they say they are.

Criminals might befriend victims online by using a fake identity and then persuade them to perform sexual acts in front of their webcam, often by using an attractive woman to entice the victim to participate. These women may have been coerced into these actions using financial incentives or threats.

These webcam videos are recorded by the criminals, who then threaten to share the images with the victims' friends and family. This can make the victims feel extremely ashamed and embarrassed and, tragically, here in the UK at least four young men have taken their own lives after being targeted in this way.

Advice to be shared with someone who this is happened to;

- Happening now? Call 999
- If this has happened recently, call the police on 101
- Do not pay any money
- Stop communicating with the person immediately
- Report to your internet provider
- Screengrab and write down as much information as possible
- If the victim is under 18, report to CEOP

Support available

Papyrus – provides confidential advice and support and works to prevent young suicide in the UK

www.papyrus-uk.org

Samaritans to talk any time you like in your own way and off the record www.samaritans.org

Get safe online www.getsafeonline.org

Thinkuknow www.thinkuknow.co.uk

WHAT DOES PREVENT DO?



The main aim of Prevent is to **stop people from becoming terrorists** or supporting terrorism.



At the heart of Prevent is **safeguarding children and adults** and providing early intervention to protect and divert people away from being drawn into terrorist activity.



Prevent addresses **all forms of terrorism**, but continues to ensure resources and effort are allocated on the basis of threats to our national security.

Let's talk about it is an informative website providing help and advice to the public to understand Prevent, Channel and the signs of radicalisation. Let's Talk About It is an initiative designed to provide practical help and guidance to stop people becoming terrorists or supporting terrorism. Parents may find the online safety section particularly helpful.

Useful links

<https://educateagainsthate.com/parents/>

<https://www.ltai.info/wp-content/uploads/2020/04/Parent-Guardian-Online-Radicalisation-Information-and-Support-V.2.pdf>

Please be aware we have a variety of resources available on our website, check out our parent/ care – safeguarding section.