**HRC Student Mental Health & Emotional Wellbeing Statement**

At Hertford Regional College, we are committed to promoting positive mental health and emotional wellbeing to all students. Our open culture allows students’ voices to be heard, and through the use of effective policies and procedures we ensure a safe and supportive environment for all affected - both directly and indirectly - by mental health issues. We are committed to:

* Promoting healthy lifestyle choices in all areas
* Providing a range of services to support and improve the physical, intellectual, emotional, and sexual health and wellbeing of all our students
* Empowering students to develop their knowledge and understanding to make informed choices about their health, wellbeing, and safety, including reducing risk-taking behaviour
* Providing a physical and social environment that enables students to feel safe to learn, live and work within
* Engaging the whole college community in developing and implementing our health and wellbeing statement
* Developing effective partnerships with specialists across local, regional, and national organisations
* Celebrating our achievements in relation to health and wellbeing
* Promoting healthy living and raise awareness of the consequences of an unhealthy lifestyle

As a part of this commitment the College provides a wide range of education, interventions, and support to help ensure the emotional wellbeing of our community. These are summarised below:

**Awareness Raising and Education**

* Staff are given regular training on issues around mental health and wellbeing. Some staff receive higher levels of training including Mental Health First Aid and suicide prevention training
* Mental Health guidance for staff supporting students is regularly updated
* A full tutorial programme covering areas such as mental health, five ways to wellbeing, healthy relationships, drugs & alcohol, vaping, and sexual health
* Our website has a page that is dedicated to mental health and is easily accessible from the front / landing page
* The College has signed the AoC mental health and wellbeing charter
* Awareness raising events - our enrichment team run a calendar of events over the year around subjects such as mental health awareness week and staying safe
* Regular sexual health drop-in sessions are run by local youth service practitioners
* The College has an active mental health working group that meets half termly and produces an annual action plan

**Student voice**

* Termly student survey
* Opportunities for students to represent their class at departmental, college and governance level
* Regular focus groups
* Anonymous annual surveys on both mental health and sexual harassment and assault
* Anonymous system to report concerns

**Enrichment activity**

* Enrichment team run sports sessions for classes
* Yoga sessions available at lunch time
* Various clubs such as chess, walking and gaming
* Quiet areas provided at lunch times for students
* Walk and talk sessions
* College mile
* External speakers running workshops on subjects such as healthy relationships, extremism, mental health, and resilience
* LGBT+ group supported by enrichment team
* Mindfulness workshops

**College Support**

* Each student has a personal tutor and meets with them on a one-to-one basis at least half termly
* Welfare officers are based at both sites who can give support, advice, and signpost
* Progress monitors who can support students who struggle to attend and achieve
* Safeguarding team trained in mental health first aid in place to work with students particularly at a time of crisis
* Counselling team of paid and voluntary staff giving structured sessions to students
* Student Assistance Programme a 24/7 phone line students can use to gain advice, support, and guidance
* All the above can be accessed via self-referral or referral of staff

**External support**

* The team works closely with the NHS’s educational mental health practitioners (EMHPs) they provide one-to-one support to students and run class sessions on wellbeing and mental health
* Staff can refer to the child and adolescent mental health service (CAHMS) and meet with members of this service via regular forums
* Also, other charities and voluntary organisations are referred to, used and linked up with such as Herts Young Mind Network, Ollie Foundation, Samaritans, Shout, Sandbox and Kooth.