

## How can we help?

### Help with selecting and applying for a course

Through the use of positive marketing and the provision of a Mental Health Coordinator, this College endeavours to provide additional assistance in the selection of a suitable course. This includes giving you the opportunity to discuss all your options with the Admissions team based in advice and guidance and being available to offer support when you attend an interview for a course.

All students declaring mental health and/or emotional & behavioural difficulties will be contacted in advance to gauge whether any additional assistance or information is required. This may on occasion require consultation with other agencies, to help inform any decisions made.

### Support with enrolment at the College

The College recognises that the process of enrolling can be perceived as complex, with multiple routes and outcomes. It will therefore seek to provide assistance, and make all reasonable adjustments to facilitate your enrolment.

### Help with studying at the College

The College is committed to the making of reasonable adjustments to help learners with mental health needs to study successfully. The College recognises that mental health difficulties may arise during a course, and has developed a referral procedure. You can meet with the mental health co-ordinator at any time during the year to discuss how we can support you while you are studying.

### Support around taking of exams

Where appropriate, the College will assist any learner with mental health needs to apply for more time, or other reasonable adjustments, in order to help the student successfully complete examinations and/or assignments.

## You are not alone. 1 in 6 of us are experiencing mental health difficulties at any one time.

Often people with mental health difficulties can have good and bad days, or a period when they feel depressed and unable to do anything followed by a period when they feel very active. This can make it difficult for other people to relate to them and for them to engage in group activities. Sometimes they can be very reluctant to interact, while at other times they may be very keen to talk and tend to dominate the conversation. It is important to treat everyone with respect and adjust to how they feel.

People who have been diagnosed as having mental health difficulties might be on some kind of medication. Although this can help them with some of the more acute symptoms the medication itself can often have side effects. It can make concentration and memory very difficult and can also make people feel very tired or have other side effects such as feeling very thirsty or becoming shaky. All of these things can affect a person's learning.

There is a lot of stigma about mental health difficulties. People may experience discrimination from others in society. Because of this many people with mental health difficulties may lack confidence and feel anxious or vulnerable. Taking a course of study is a good way to develop existing and new skills, meet new people and be part of the community.

# LEARNING SUPPORT

## People with mental health difficulties

We all experience times when we are upset or anxious. However, there are times when these feelings can become more acute and affect our ability to carry on normally with life.

Sometimes this is triggered by a particular event although some people can develop mental health difficulties for no obvious, external reason. Anybody can experience mental health difficulties at any time.

Greenwich Community College offers support to anyone experiencing mental health difficulties. We will support you to help you achieve success and get enjoyment from your course and life at the college.

Learning support can help you to develop your skills so that your work reflects your true abilities

For more information contact  
Daniel Wasp,  
Mental Health Co-ordinator  
Call 020 8301 8070  
Plumstead Centre, Room A106

Published June 2007