Support for you during the half term break

We hope that you relax and enjoy a rest from your classes over the half term break. However, we know that it's a challenging time for lots of people.

If you're worrying more than usual or are feeling anxious or low, it's important that you don't suffer alone.

We're here to support you if you need it, each day over the half term break.

The following college services and contacts are available only to New City College students.

Counselling support

Some people find it helps to talk through the issues that are troubling them. Our counsellors can support you with this.

Use the email contacts below to get in touch and our counsellors will arrange an appointment with you. You must use your college email account so that we can verify that you are a student at New City College.

- Monday 15 February: Theresa.Boateng@ncclondon.ac.uk
- Tuesday 16 February: Theresa.Boateng@ncclondon.ac.uk
- Wednesday 17 February: Evelyn.Manful@ncclondon.ac.uk
- Thursday 18 February: Evelyn.Manful@ncclondon.ac.uk
- Friday 19 February: Evelyn.Manful@ncclondon.ac.uk

Mental health support and advice

Our mental health advisers can help you with practical ways to manage how you're feeling.

- Monday to Friday: email mentalhealth@ncclondon.ac.uk and one of our specialist advisers will be in touch to make an appointment. You must use your college email account so that we can verify that you are a student at New City College. Alternatively, you can check out our Mental health VLE Page for more information, advice, and resources on managing your mental health & well-being.

We also provide out of hours support through our mental health partner Togetherall. Register using your student email address, in the box that says 'I'm from a university or college'.

If you are in crisis here are some other contacts that you may find useful:

- If you feel that your life is in danger, call 999
- Saneline: 03003047000
- Samaritans: 116 123
- Young Minds Crisis Text Line: 85258
- Childline: 0800 1111

Safeguarding

- If you feel that your life is in danger please call 999

- For non-urgent safeguarding concerns please email safeguarding@ncclondon.ac.uk. Tell us which campus you study at and your student number. Emails to this account will be picked up on 22 February.
Covid concerns

If you are a student at New City College and you are ill and/or receive a positive Covid test result, or have other concerns related to Covid:

• email covid19@ncclondon.ac.uk

Let us know your name, campus and student ID number. If you have a positive result, tell us the date of your test, and your most recent date on campus.