

Also  
through phone  
or video call  
appointments

# Wellbeing Advice

is available for West London College students



Have you been feeling stressed,  
worried or low recently?

Are you finding the transition back to  
College difficult?

Do you often feel tired or have  
trouble sleeping?

Would you like some private one to  
one support for your wellbeing and  
emotional health?

You can meet with Dan or Blake, the Mind  
Wellbeing Advisors for up to 5 private sessions  
focused on improving your wellbeing.

Email [wellbeingadvice@wlc.ac.uk](mailto:wellbeingadvice@wlc.ac.uk) to get  
more information, or download and send a  
referral form using the QR code below:



Ask for more information or register now  
with this form

