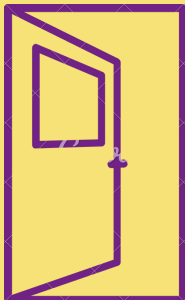


# WELLBEING ADVICE SERVICE

## WHAT IS IT?

The Wellbeing Advice Service offers 1:1 sessions, for students to get support and practical advice on how to manage their wellbeing and mental health. This can be face to face, over the phone or via video call.



## HOW DO I ACCESS IT?

Any student at West London College can access this service. You can ask your tutors or student services to refer you, or you can directly email the Wellbeing Advisor on: [s.richardson@wlc.ac.uk](mailto:s.richardson@wlc.ac.uk).

## HOW DOES IT WORK?

You explain why you'd like support in a referral form. The Wellbeing Advisor will then come back to you to organise up to 4 sessions, depending on what you feel would benefit you most.



Ask student services or look online for more information on wellbeing and support at college!