



# HE STUDENT HELP



## BACKGROUND

HE Student Help is a free, confidential service to help you improve your health and wellbeing. This platform will allow College to support you in referrals to external services such as:

- Finance
- Housing
- Mental Health Support
- NHS
- Support groups
- Community groups

## WHO IS IT FOR?

HE Student Help can support any students who:

- Are feeling lonely or isolated
- Are caring for someone
- Want to become more active
- Are feeling low, anxious or stressed
- Want to get involved within their local community
- Want support or advice around housing

## WHAT TO EXPECT?

Your advisor will contact you to introduce themselves and offer your first appointment.

Your first appointment will be 1 hour long with your advisor listening to your needs.

They will then offer suggestions for appropriate support based on what matters to you.

## ACCESS SUPPORT

If you are a HE student at The City of Liverpool College and would like support, please self refer using the details below.

Scan the QR code or email  
[HEhelp@liv-coll.ac.uk](mailto:HEhelp@liv-coll.ac.uk) to complete the form.

