

Safeguarding

You have the right to feel safe while studying at the College

At The City of Liverpool College, we pride ourselves on the support we offer to students who are experiencing difficulties in their lives. We understand that personal issues can often affect achievement and progression to where you want to be.

We have a team of experienced safeguarding professionals who can offer you support and advice and get you back on track. We can support you to have your voice heard, be your advocate during stressful times and signpost you to external services that offer help.

Do not hesitate to contact us if you need support. You can contact us by:

- Calling the duty phone: 0151 252 3733
- Contacting your tutor, support staff or progress leader (if you have one).

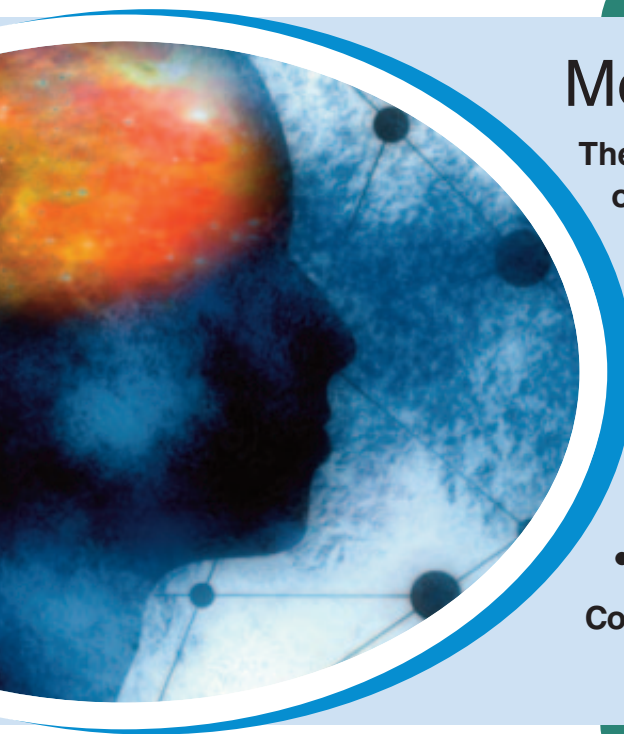


Mental Health

The mental health team are here to support all students who are experiencing struggles with their mental health. We can offer support through:

- Completing a mental health assessment to see if practical adjustments could be made to teaching, coursework or exams to support your college experience.
- Practical goal settings and suggestions of how to address issues you may be experiencing
- Support accessing external services such as Merseycare, CAMHS and YPAS.
- Signposting to specific external support services to help with drug and alcohol missuses, self-harm, suicide ideation, anxiety and depression.
- Referrals to internal and external counselling services.

Contact your progress leader or tutor to be referred to our mental health team. Or email the team at: mentalhealth@liv-coll.ac.uk

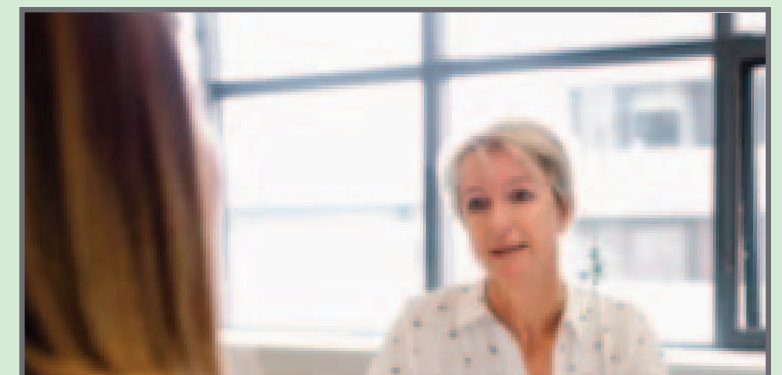


Counselling

There may be times when you need someone to listen to you and explore your issues in confidence. Our team of highly qualified counsellors are on hand to lend support throughout your time with us.

The team offers a listening ear and full counselling sessions based on your needs.

You can access the service by emailing talktome@liv-coll.ac.uk or asking your teacher or progress leader to refer you for counselling.



Sexual Abuse, Harassment and Misconduct

The College is committed to ensuring a working and learning environment free from sexual harassment, sexual misconduct and sexual violence so all members of the College community can enjoy the right to study, live, work and be respected for the contribution they make.

The College has zero tolerance towards any bullying, harassment and abuse (including sexual abuse) and takes strict action to deal with any reported concerns. The College, however, recognises that some incidents of sexual harassment and abuse are not reported and hence are not dealt with. We encourage all of our students to recognise signs of abuse and seek support by:

- Speaking with the Safeguarding, Mental Health and Wellbeing team on 0151 252 3733 or any other member of staff to report it formally
- Report to the Police calling 101 anonymously or otherwise
- In case of rape, call 999.

RASA Merseyside (Rape and Sexual Abuse Centre) Tel: 0151 558 1801



If you are concerned about your safety or wellbeing, contact:

- Safeguarding: 0151 252 3733
- Mental Health: mentalhealth@liv-coll.ac.uk
- Counselling: talktome@liv-coll.ac.uk
- Your course tutor or progress leader

Additional sources of support

TEXT SHOUT to 85258 for free and confidential support 24/7

Psychological 24/7 support line:
T: 0800 145 6570

Merseycare Student Health Line

T: 0151 295 9900

The helpline urges anyone with concerns around physical, mental and sexual health to get in touch. Lines are open 8am - 8pm daily.

Drug and Alcohol:

Wearewithyou.org.uk - to get free, confidential support for alcohol and drugs use through their local service or online.

Food Banks

North Liverpool:

T: 0151 226 3406

E: jackiep@standrewslive.org.uk

South Liverpool:

T: 07754 556 170

E: office@southliverpool.foodbank.org.uk

Housing/Homelessness

Housing options Liverpool - T: 0800 731 6844 or **Careline** - 0151 233 3800 (adults) or 0151 233 3700 (U18s)

Shelter - T: 03445 151 900

The Men's advice line - for information, emotional support for male victims of domestic abuse - T: 0808 801 0322

Forced Marriage/Honour-based Violence/Female Genital Mutilation (FGM):

Savera UK - T: 0800 107 0726

Forced Marriage Unit - T: 02070 080 151 or 02070 081 500

LDAS - T: 0151 263 7474 or 08000 842 744



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The City of Liverpool College

Safeguarding @ COLC

Information for Students

Committed to keeping you safe