



Your Pre-entry Guide to Support

Inclusive Support for Students with a Mental Health Issue

There are a lots of ways that the staff at City of Glasgow College can support you while you're here to help you with your learning and enable you to look after yourself when you're at college.

Maintaining good mental health improves your ability to learn.

Even if your mental health is good at the moment, it's helpful for us to talk to you so that we can put plans in place in case things change in the future.

You may have had support before you came here and we can put strategies in place so this is continued. We can offer learning and well-being support and this can be tailored to what meets your needs at different times throughout your course. The Learning Support Advisors will talk you through this when you meet with them.

Learning Support can include:

- Support designed to meet your needs through a Personal Learning Support Plan (PLSP).
- Coursework extensions or flexible deadlines.
- Alternative assessment arrangements such as extra time or separate accommodation.
- Enabling Technology or apps to promote well-being.
- Study support with a Learning Support Lecturer to help revise or prepare for tasks.
- Working with teaching staff.
- Lesson breaks if required during class.

Well-being Support can include:

- Yoga classes - to improve your concentration, mood and fitness.
- City SA Sports Clubs and Societies – getting involved and meeting people makes you feel valued and boosts confidence. Check out [CitySA](#) for more info.
- Access to mental health & well-being practitioners at college.
- Mindfulness - a life skill that can help you to manage stress, anxiety and low mood.
- Big White Wall- an online platform to support wellbeing. <https://www.bigwhitewall.com/>

Student Counselling Service

City of Glasgow College offers free and confidential support for all students.

Sessions are offered face to face. Counselling can help with:

- Stress - about college or life pressures.
- Low mood/depression.
- Anxiety.
- Relationships.
- Bereavement.
- Feeling overwhelmed by a problem or situation.

You will be able to book an assessment with a Counsellor through our VLE, MyCity.

Open every weekday
from 8.30am - 5.00pm