

Where to find us

The Social & Emotional Service is located in the centre of the College's Science Park campus (C007a) in Student Services.

Centre Opening Hours

Monday-Thursday 8.30am-5.00pm
Friday 8.30am-4.30pm

Equalising Opportunities

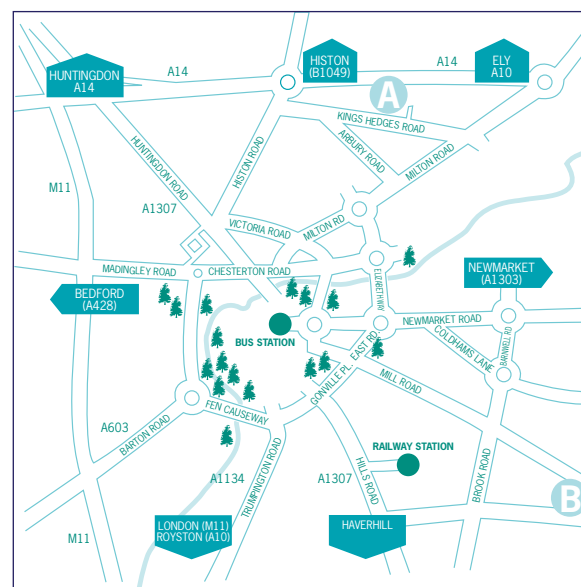
At Cambridge Regional College we work hard to eliminate discrimination and are fully committed to equalising opportunities irrespective of age, gender, race, disability/support needs, sexual orientation, religion or background.

All advice, guidance and support services will be provided impartially and confidentially as appropriate. If we find that we are unable fully to support your needs, we will refer you to other specialist agencies who will be able to help.

We welcome feedback on our services to enable us to continually develop and improve. If you have any suggestions as to how we can improve, we would be pleased to hear from you. Please contact us via the number on this leaflet, or phone our main switchboard and a form will be sent to you.

If you require this information to be available in alternative formats eg large print, Braille, on tape or CD please contact us via the number on this leaflet.

How to find the College



A: Science Park campus

Kings Hedges Road
Cambridge
CB4 2QT

B: Cherry Hinton Hall

Cherry Hinton Road
Cambridge
CB1 8DW

Social & Emotional Services



The Social & Emotional Learning Service

The Social and Emotional Learning Service offers information and advice about mental health, social and emotional issues, for CRC students.

We provide confidential support in College and can refer you to specialised services and communicate with agencies you are already using.

Who is the Social and Emotional Learning Advisor?

Lydia Pell is the College's Social and Emotional Learning Advisor. She is professionally trained and widely experienced in working with young people, adults and in mental health. She works to the college mental health policy and professional guidelines.

When can I have an appointment?

You can make an appointment to see Lydia any weekday. She aims to see you within one week. Drop in sessions are available in a crisis. You can refer yourself or be referred by a staff member. If you need to bring a friend or family member for your first session that is okay.

What is Social and Emotional Advice?

Sometimes students experience mental health issues that can impact on their time in college. Lydia can advise you on your rights and support you to get appropriate external help. Lydia can also provide you with 1:1 sessions in college.

What kind of issues can I talk about?

Anything that is causing you concern or distress including:

- Anxiety
- Depression
- Psychosis
- Eating Disorders
- Bipolar Disorder
- Schizophrenia
- Self Harm
- Trauma
- Panic Attacks
- Addictions
- Personality Disorders

Will it be confidential?

Social and Emotional advice remains confidential in virtually all circumstances. Exceptions to this will be explained at your first meeting. Tutors or teaching staff will not be informed of your appointment unless you want them to be.

How will information about me be kept?

Written records conform with data protection Act of 1998 i.e. Kept securely and destroyed after 6 years. You are entitled to see these records.

The Student Services Team

The Student Services Team provides information, advice, guidance and counselling on a wide range of concerns for all enrolled students at Cambridge Regional College. They can help with:

- Accommodation
- Bullying/Harassment
- Careers and Higher Education
- Learning & Training Opportunities at Cambridge Regional College
- Course Information
- Financial Assistance
- Personal and Family Problems
- Welfare Benefits

or anything else that is of concern to you.

Social & Emotional Services

Tel: 01223 226341