



**Register today for FREE**

Mental health support.  
24/7. Confidential.  
Online Community.

For more details, please refer to our T&Cs during registration.

What is Togetherall? Togetherall (formally Big White Wall) is a digital mental health support service which is available online, 24/7, and is completely anonymous so you can express yourself freely and openly.

Professionally trained Guides monitor the community to ensure the safety and anonymity of all members. In addition to the online community, you will have access to a wealth of useful resources and can work through tailored self-help courses covering topics such as anxiety, sleep, weight management, depression and many more.

## EXTERNAL HELP

### **Samaritans:**

Freecall: 116 123

Email: [jo@samaritans.org](mailto:jo@samaritans.org)

### **Breathing space:**

Freecall: 0800 83 85 87

### **Mikeysline:**

Local, non-judgmental and confidential peer-support

Textline only: 07779 303 303

## SOME QUOTES FROM PREVIOUS STUDENTS:

"Giving me the space to honestly talk and get my worries out. It has also renewed my self esteem and strengthened my resolve to continue with my journey for personal growth. It really has been such a valuable aid to me this year and I cannot thank my counsellor enough for helping find my way back out of my doubts and worries. "

"I was struggling with motivation and working while I was feeling depressed or anxious but having these sessions helped me work through this and complete my college work."

## HOW DO I ASK FOR SUPPORT?

Email: [counsellor.ic@uhi.ac.uk](mailto:counsellor.ic@uhi.ac.uk)

<https://www.inverness.uhi.ac.uk/students/student-support/wellbeing/>

If you don't know what to say just email hello, we will reply and we can take it from there.



**CAM Crisis Messenger**  
free 24/7 crisis support  
☐ text CAM to 85258

**shout** CRISIS TEXT LINE

STUDENT  
SUPPORT

WELLBEING  
SERVICE

Support for students

START  
TOMORROW  
TODAY

## GROUPS AND WORKSHOPS AVAILABLE

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### **Guided Body Scans** Wednesdays @ 4pm

Relaxing into Uncertainty. Reduce stress and anxiety in your life with a 30-minute ish body scan recording.

### **Neurodiversity Support Group**

Thursdays @ 12noon – 2pm

For students who identify as Neurodiverse to support each other, provide peer to peer support and coaching. The wellbeing officer is around as well for any questions or support

### **Wellbeing Life Hacks**

Mondays and Thursdays @ 2pm

Invest in yourself with a workshop that looks at stress and anxiety. With practical techniques to manage stress, mindful breathing, and strategies that help us find hope and calm. A space to take a breath and learn how to self-care when we need it most.

### **Happiness Group** Tuesdays @ 11 am

Did you know there was a science to happiness? Join us to increase the amount of happiness you experience in your life.

### **Mindfulness Group**

Wednesdays @ 11am

Each week using a different theme each week, we will look at how to incorporate mindfulness into our daily lives.

## WHAT YOU MAY WANT TO KNOW

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Students registering with the service will be offered a Wellbeing Consultation

In this solution-focused session, we will discuss the different support options available to you.

We know that every student has individual needs, so we offer a flexible programme of support with an experienced practitioner.

We regularly liaise with external services (such as local NHS hospitals and community teams) to ensure students are able to access appropriate support, and we co-ordinate support so that the impact on your studies is minimised.

### **We aim to:**

- Provide you with a confidential and non-judgmental space, in which you can work through your difficulty.
- Help you to understand yourself better and find better ways of managing your life, inside and out of College.

If it is more appropriate to refer you to other services, either at Inverness College UHI out with, we will do this with your permission.

Should a student present with more complex needs, and it is appropriate to do so, we offer longer-term support over a few weeks or months.

## OUR SERVICE

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The Wellbeing Service is here to help you address personal or emotional problems that get in the way of realising your full academic and personal potential.

The service offers free and confidential advice to current students only.

Our service provides a supportive pathway with a stepped care model; this means that you can access help quickly and get the most effective help for your needs:

The style of support we offer is called One at a Time (OaaT); the model is designed so that students can fill out a simple form and be seen by a team member. This is also the entry-point to our other services.

One at a time Therapy is designed to focus on the most significant issue for you at the time of your appointment. We offer you one appointment at a time, then encourage you to reflect on what you have discussed. This may include taking some action regarding your situation and trying to manage it by putting into practice the ideas, techniques or action plans discussed.

If you feel after this process you need further support, you can make another appointment.

Before any subsequent session, we will ask you to complete a new form so that we can understand what has brought you back to us.