



Student Handbook

2023-2024



www.mpw.ac.uk

Dear Student

Welcome to MPW Cambridge!

The start of any academic year is an exciting time, and one filled with great possibilities. I hope you are feeling refreshed, energised and ready to continue your journey as absolutely the best version of yourself that you can be. MPW Cambridge is a special place, with fantastic staff and outstanding students. Collectively we will work together to make this new year a happy, vibrant and successful one. For me, the biggest lesson from a difficult last few years is that it is abundantly clear we are all stronger, happier and more fulfilled when we are part of a bigger whole – a community. MPW will be that uplifting community for you, and I hope you will embrace everything the college has to offer. My advice to you is to get to know us as well as you possibly can, and allow us to get to know you. That way, we can give you the best education, the best support, the best advice and therefore the best chance of success in this important next twelve months (or longer!).

I wish you a great start to the term.

Best wishes,

Tom



TOM CASTON
Principal



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Introduction

A very warm welcome to a new academic year at MPW. We are very much looking forward to all our students flourishing both academically and personally. In this handbook you will find key information regarding college life and the support on offer to you. Additional information related to your emotional wellbeing and mental health is also included within this booklet.

Please do read and refer to this booklet in conjunction with the more comprehensive Student Guidelines and Rules. All students will be asked to sign and return a declaration understanding and agreeing to these.



Staff Information



Tom Caston

Principal
Personal Tutor (PT)



Graham Almond

Deputy Principal
Personal Tutor (PT)



Elpida Christianaki

Assistant Principal
Academic
Personal Tutor (PT)



Inga Morrissey

Assistant Principal
International
Personal Tutor (PT)



Jon Slay

Assistant Principal Safeguarding
Personal Tutor (PT)



Keith Miller

Assistant Principal
Pastoral
Personal Tutor (PT)



Ana Sobrino Gonzalez

Senior Management Team and
Head of GCSE
Personal Tutor (PT)



Brigitte Grimshaw

Senior Management Team
Personal Tutor (PT)



Mark Leaford

Assistant Head of GCSE
Personal Tutor (PT)



Jamil Rashid

Senior Management Team
Personal Tutor (PT)



Toby Taylor

Assistant Head of GCSE
Personal Tutor (PT)



Marta Howlett

Registrar

Personal Tutors (PT)

- Anne Dorey
- Dean Williams
- Greg Barker
- Krystian Mazurkiewicz
- Martin Field
- Peter Reeve
- Simon Dean
- Simon Mullen
- Tara Jones
- Tony Marriott

Key Information

1 Student Support and Wellbeing

The past two years have tested us as individuals, families and communities and we've quickly had to adapt to new ways of studying, working, socialising and getting on with our lives and now return to the new norm. Navigating difficult circumstances can be emotionally taxing, contributing to poor mental health or exacerbating existing conditions. MPW has a number of ways of supporting you and your wellbeing via both the Personal Tutor system, independent listener, the safeguarding team, PHSE seminars and Firefly. Self-kindness requires tending to the maintenance of our feelings and emotions. Holding in worries and difficult emotions can lead to experiencing overwhelm, anxiety and even certain physical symptoms. Try not to bottle things up and reach out if you need to - this could be by talking to your Personal Tutor, a teacher, trusted friend or family member, an independent listener or a counsellor.

2 Personal Tutor System (PT)

Every student at MPW has been allocated a Personal Tutor (PT). PT meetings help students to do well and we expect all students to attend these. The PT is the link person between home and college and their responsibility is to oversee the pastoral and academic wellbeing of each student. The PT works alongside parents to ensure students achieve their goals. The PT also offers guidance on university applications including the personal statement, and they will write the UCAS reference. **Your PT is your first point of contact with any concerns or problems that you might have.** You can book a meeting with them by email or at reception. They will also contact you to arrange regular meetings in order to discuss your progress.

3 Attendance

Students are obliged to attend all of their timetabled lessons and to review their timetabled lessons online as regularly as possible for any time or room changes that may occur, or for any additional attendance requirements. Experience has taught us that your attendance is often a reliable indicator of your academic commitment and your wellbeing. If you are unable to come into college due to illness your parent/guardian must phone the college by 8:45 in the morning to note your absence. Daily attendance sweeps are also conducted and you, your parents and your guardian will be contacted to find out where you are if you are not in a lesson without an authorized absence.



4 Lessons and Learning

At MPW we are excited about learning and engaging with new ideas. We have high expectations of you and expect that you will bring this attitude of curious engagement to all your lessons.

Aim to arrive at least 5 minutes before the lesson is due bringing resources such as your student files, pens, paper, laptop and whatever else is asked of you by your teacher (eg textbook, material from a previous lesson). Lessons can last for two hours with a short break at the halfway point. A register is taken at the start of each lesson and absences communicated to a student's Personal Tutor and their parents. Students are not permitted to take holidays during term time without the express permission of the Personal Tutor (who will consult the Principal).

Students are expected to concentrate during lessons, applying themselves to set tasks and responding positively to questions and discussions. Homework is set regularly and returned promptly. All work submitted by students must be their own and not copied from their peers or the internet. Plagiarism is a serious academic offence that may lead to students being removed from public examinations.

5Cs – Communication, Collaboration, Creativity, Caring, Critical Thinking

Our mission is to equip our students with skills and strategies to both help them realise their academic aspirations and to prepare them for life, post MPW. As such, we have identified five values which align well with this mission and also hold a very special place within the MPW community. Students who exemplify these values are recognised and rewarded accordingly.



5 Books and Publications

Students receive textbooks from the college as well as other resources. Sometimes teachers will suggest extra reading to help students dive deeper into areas of interest. All handouts including students' revision notes and assessment feedback should be kept organised either in electronic or physical folders. This will help students prepare for their homework, revise for their TAs and mocks and study for their exams.

How should I behave inside class?

- Good attendance
- Good punctuality
- Good contribution to lessons
- Good performance in lessons
- Mature attitude in lessons

How should I behave outside class?

- Complete homework on time
- Complete homework well
- Prepare well for TAs
- Respond to and act on advice in homework
- Respond to and act on advice in TAs

How will my progress be recorded by my subject teachers in my reports?

- 5 stars** Fully on target
- 4 stars** Mostly on target
- 3 stars** Reason for slight concern
- 2 stars** Reason for concern
- 1 star** Reason for major concern



6 IT Resources

Many of your learning resources can be stored in your personalised online space. You can use MS Teams for online meetings and for assignments and you can keep your notes and handouts in One Note folder.

Student log-ins will be issued before the first day of term. Acceptable use of college IT is detailed in Student Guidelines and College Rules.

Students will be issued with a college email address that should be used in all communication with staff. Members of staff are not allowed to contact you using your personal email address while you are studying at MPW.

You can access all of your resources through typing MY MPW CAMBRIDGE in any search engine and logging in. My MPW will show your timetable, a calendar of important dates and any important announcements.

Students should check their college email regularly.



7 Timed Assignments and Mock Examinations

All students are expected to sit a series of tests and examinations as part of their courses.

- **Timed Assignments** are regular formal tests for each of your subjects. You have a time on your timetable for each of your subject's TAs.
- **Full mock examinations** take place in the second half of the Spring term for courses with external summer exams.

Please note: The college will only enter students for public examinations who have demonstrated satisfactory progress through their courses. This includes, but is not restricted to, regular and punctual attendance at lessons, completion of class and homework tasks and securing at least a pass grade in the mock exams.

8 Formal Examinations

Students are responsible for ensuring they are entered for the correct exams and must therefore check their statements of entry carefully.

In order to qualify for extra-time or access arrangements in college and public examinations, please make an appointment with Dr Elpida Christianaki, Assistant Principal Academic. Students are required to be re-assessed at MPW even if they were entitled to special arrangements at their previous school. Following exam boards' guidelines and regulations, a new application for Access Arrangements needs to be completed when students change schools. This process ensures we have the most up-to-date information to support our students.

9 UCAS (University applications)

Students work closely with their PT to prepare for and complete their application for their selected universities and the next stage of their life, including apprenticeship and internship.



10 Student Cards

Student cards are available from through the NUS website at www.nus.org. You will need to provide one passport photo. Your student enrolment number is your computer login at MPW.

11 Health and Safety

All students and their parents are required to complete a **Confidential Health Record** as part of the registration process. This is to ensure that the college have all of the necessary medical information to keep our students safe and well cared for.

The college has trained staff who are permitted to administer basic first aid. We have a first aid room with a nurse in attendance on Tuesday 9.30-5.00pm, Thursday 9.30-2.30pm and Friday 9.30-2.30pm. If you feel ill during the day, please go to Brookside Reception, or see Fiona our nurse in B1.09. When students feel unwell, they are not allowed to leave school, without permission from Brookside reception or a member of the senior leadership team.

Please note that the college is not allowed to administer any form of drugs or medication without written parental consent beforehand. With prior parental permission a restricted number of medications can be administered by Fiona Edwards (college nurse), Jo Grindley (lead first aider) in reception, Keith Miller (AP Pastoral) or Tom Caston (Principal).

12 Student conduct

Students must be courteous and respectful to fellow students and staff, and our neighbours. Smoking, including e-cigarettes, is forbidden in any of the college buildings and the surrounding area. The common room, canteen and classrooms must be kept tidy and litter-free. You will receive a Student Code of Conduct and an Acceptable Use of IT documents during Induction.



In the case of a serious accident or illness, an ambulance will be called and a member of staff will accompany the student to hospital. Parents and guardians will be informed as soon as is practicable, so that they can make their way to the hospital.

All students must be registered with a GP (doctor) and provide the college with up to date details for the GP clinic or practice. For international students, you will register with a GP close to your accommodation and this will register you with the NHS in the UK. General healthcare such as seeing your GP is free for students.

In an emergency situation such as fire or lockdown

All students are expected to familiarise themselves with what to do in the event of a fire, or lockdown procedure.

An extended school bell will signal immediate evacuation from the building to a safe place for a fire, for example. The sounding of a horn will signal lockdown, which means that students remain safely in their rooms.

13 Finding Your Way Around

Each room is identified by a number which shows: a) which building it is in; b) which floor it is on; and c) which room on that floor it is. For example, B1.06 means that it is in Brookside, on the first floor, room 6.

Lessons take place in Brookside (B) and Panton Street (X).

At any point when you feel lost or confused about something, just ask someone. You could also quickly email your Personal Tutor who is always ready to guide you.

14 Changes of circumstances

It is very important that our student records are completely up to date at all times. Students must therefore inform their Personal Tutor of any changes of address, of telephone contact numbers (for themselves or their parents/guardians) and of any changes in the health information provided on the college registration form as soon as they happen.

For international students we expect that you share your flight details with your Personal Tutor whenever you leave the country during your studies with us.

Students often change their mobile phone providers - ensure that your Personal Tutor has your most up to date phone number.

15 Student Services

Our friendly Student Services Team can be found at Brookside Reception. Karen and Jo will be your first contact should you require any official school letters or (stamped) photocopies of your certificates.



Karen Jebb

Student Services Manager
karen.jebb@mpw.ac.uk



Jo Grindley

Student Services Administrator
jo.grindley@mpw.ac.uk

You can collect your BRP from Student Services at Brookside. Should you have any questions about your BRP please ask Student Services or Nadia Douglas, Head of International Admissions and Compliance.

If you happen to change your immigration status or thinking of applying for another visa type while studying with us - please inform Nadia Douglas or Inga Morrissey.



Nadia Douglas

Head of International Admissions & Compliance
nadia.douglas@mpw.ac.uk

16 Enrichment and Extracurricular

MPW students can choose to take full advantage of a wide range of extracurricular activities and projects on offer. These activities will help to develop your intellectual, sporting and cultural interests – and to make new friends outside the classroom.

Whether you are interested in sport, the arts, music or wellbeing, there will be an activity for you. Plus, there are valuable opportunities throughout the academic year to help you prepare for university and beyond.

Sport

- Badminton
- Basketball
- Dance
- Football
- Martial Arts
- PE
- Running

Clubs/Activities

- Duke of Edinburgh Award
- Eco Club
- Science Club
- Extended Project Qualification (EPQ)
- The Enterprise Club
- Medical Society & Medical School Preparation Programme
- Oxbridge Society & Oxbridge Preparation Programme



17 Student Council

The aims and ethos of the Student Council has always been of inclusivity, diversity, equality and opportunity for being open and welcoming.

You are welcome to join one of our sub-committees:

- Academic
- International
- Technical/Cyber Security
- Social/Creative
- Environmental/Eco
- Pastoral/Welfare
- EDI (equality, diversity and inclusivity)





18 Oxbridge Preparation Programme


Oxford and Cambridge are two of the best universities in the world, with an international reputation for academic excellence. Winning a place to study there is a comprehensive and competitive process.


Around 6,600 undergraduates start their first years at Oxford or Cambridge every year and with a lot of hard work and preparation, you can give yourself the best chance of

being one of them. At MPW, in addition to our world-class tuition and personal tutor system, we offer help to prospective Oxbridge candidates in four main areas:

 Details of what studying at an Oxbridge college is really like

 How to write an effective UCAS application, including sample personal statements

 Preparing for and making a great impression at interview

 Case studies from students who have been through the Oxbridge application process

19 Medical School Preparation Programme


Becoming a doctor is an incredibly popular career choice and with around ten applications made for every university place, competition is tougher than ever. It's not enough to have top A level grades and evidence of work experience – to be in with a chance you need a sound knowledge of current medical issues and be able to demonstrate true commitment to a career in medicine.

Aspiring medical students are provided with additional support in four main areas:

 Personal statement review

 Expert tuition to prepare for specialist tests

 Interview practice

 Additional lecture series to cover topical issues

For students interested in applying to Oxford or Cambridge or for medicine, we run bespoke Oxbridge and Medics programmes. If you are interested in joining either of these programmes contact inga.morrissey@mpw.ac.uk as soon as you arrive.



20 Effective Revision Tips

We suggest the following strategies to improve your revision, enhance your memory, boost your attention and concentration, support your planning and organisation, and enable you to commit a long text to memory.

Memory

- Go over information at least 5 times in five different active ways to commit it to your long-term memory (take notes, 'teach' someone else, do an assignment/a past paper/extra exercises, go over mistakes) thus focus on active learning.
- Engage yourself in the lesson interactively by taking notes and asking questions.
- Reward yourself every time you achieve a target and meet a deadline.
- Chunk the information you have to learn and underline key ideas taking notes using relevant subheadings. When you finish processing a section (no longer than half a page) use your notes to explain the theory to your pretend 'student'. Repeat the step without consulting your notes and revise all data every time you process a full page (overlearning).
- The first time you visit a text target the basic info, then try to retain more info and the third time focus on the detail (reverse pyramid).
- Create a list of keywords and definitions and test yourself regularly (glossary).

Attention and concentration

- You might have problems starting and finishing a task. Break large tasks into smaller time-budgeted chunks and follow your plan modelling this on a best practice answer.
- Make colourful and visually interesting notes (colour coding).
- Have a designated quiet place for studying and reduce unwanted stimuli.
- Set your personal targets on a weekly basis.

Planning and organisation

- Keep a homework preparation routine.
- Devise PowerPoint presentation with custom animation.
- Use writing frames.
- Look at the title of a question, highlight and number keywords, then list relevant ideas and use the traffic light system to distinguish them in groups/paragraphs.
- Consider using flashcards to create questions on one side and definitions/answers on the other side. Don't copy from your textbooks. Use this as an opportunity to challenge your memory. File them in the correct section per unit.
- Dump your ideas, then structure them and finally start writing your answer.

Note taking system

- Write the title of the subject, date and chapter unit. File your notes when you get home. If you type your notes print them and file them. If you use abbreviations, use the same consistently.
- Create well organised revision notes which you can use to prepare for your homework, TAs, mocks and exams.

Tips for remembering how to structure your answers

- If you are studying Maths and/or Science, spend a couple of minutes every day doing extra exercises and checking the answers at the back of the book to familiarise yourself with a particular thought process. Ask your tutor to explain their thought process to you out loud when solving a problem and imitate this when you are figuring out a question alone.
- Before writing a long answer, read and copy the structure of model answers.
- Learn new info as part of a chapter which belongs to a unit so that you can identify links. Try to consider similarities and differences in the application of new data.
- Avoid trying to remember lengthy sequences all at once, use the MPW timetable to organise your workload allowing for opportunities to revisit.
- Allow time to yourself to think how to learn best and to list and categorise ideas.

Committing a long text to memory

- Process each page separately.
- Start from looking at the first page and divide it into shorter sections by checking the layout and the subtitles. Try to divide each page into three sections maximum.
- Go to the first section or bite size of the page. Read this first quickly to yourself and then read it again underlining the key information. Now consider what sort of question you can ask that the answer is the underlined words. Write this question next to the passage you are processing.
- Use your hand or a paper to cover the answer and just looking at the question you have created try to explain to yourself in your own words what the answer is.
- Now remove your hand or the paper and check the answer.
- You can now use flashcards, your laptop or pen and paper to copy the question and then bullet point key information without looking at the text.
- Check again the answer to ensure that your points are correct.
- Repeat this process for the second and third bite size section.
- When you complete the page revise the questions of all three subsections.
- When you finish a topic revise the whole topic.
- As soon as you finish learning the theory please start using it in exercises, doing homework and preparing for TAs.





What's on your MIND?

YOUNG MINDS

A guide to emotional wellbeing and mental health provision for young people

Introduction

This section looks at what we mean by 'mental health' and 'emotional wellbeing' and suggests when and how to seek support. It also provides a broad outline of some mental health conditions suffered by young people, coupled with helpful links for further information to registered charities and the NHS.

The coronavirus pandemic has affected our everyday lives. As we have emerged from lockdown and returned to face-to-face learning, everyone will need to pay close attention to their mental and physical health. It is an absolute priority for us to do what we can to support you.

We hope the following information will be useful in raising awareness of some common health conditions with clear advice on the support available at the college. For any medical condition it is always recommended that further medical advice is sought as well.

Pastoral Support at MPW

There are a variety of ways in which each student supported at MPW:

- Your personal tutor will usually be the point of contact for all pastoral and academic matters.
- The designated safeguarding team are also on hand led by Jon Slay.
- A trained first aider is always on hand for any immediate concerns at the Receptions in both Brookside and Panton Street.
- Our team can provide you with other targeted sources of support. One option for students and parents is Young Minds (www.youngminds.org.uk). Another Cambridge-based one for students is Centre 33 (centre33.org.uk).

Mental Health Support Team

Heena Chudasama is our Clinical Counselling Psychologist. She is available Wednesdays 9:00-18:00.

You can also get in touch with Fiona Edwards, our school nurse, to arrange a session on a Tuesday, Thursday or Friday.

Heena

Heena.Chudasama@mpw.ac.uk



Fiona

Fiona.Edwards@mpw.ac.uk



What is counselling for?

Counselling can offer you a space in which to explore any difficulty you may be having in your life. If you are worried, down or confused, talking things over can help you to make sense of how you feel and find new ways of dealing with problems, without being judged or told what to do.

Counselling is not about being given advice but rather helping you to find your own answers and gain more control in your life. Examples of issues you might bring to counselling include:

- lack of confidence or low self-esteem
- issues around sex and sexuality
- family problems
- loneliness/feeling homesick
- worries about appearance
- eating problems
- self-harm
- stress and anxiety
- making difficult decisions
- bereavement and loss
- traumatic experiences
- depression
- managing change and transition
- anything that is causing difficulty in your life.

Is it confidential?

Yes. Nothing you say will be shared with anyone else without your permission. The only exception to this rule is if you or someone else is in danger.

What happens at the first appointment?

You will be told a bit more about the service and asked a few questions about what is troubling you, your history and what you hope to get out of counselling. This is also an opportunity to ask any questions you might have.

How long does counselling last?

If you decide to arrange further sessions after your initial appointment you will usually be offered a minimum number of sessions. You will then begin weekly sessions at the same time every week. Sessions last 45 minutes.

How do I find a counsellor?

Ask your Personal Tutor or Jon Slay (DSL) to help you arrange counselling. You can also speak to Fiona Edwards, our college nurse, should you need any help with your mental or physical wellbeing, or if you experience any issues with your GP.

What do we mean by mental health?

There is often a lot of confusion about what we mean when we talk about mental health. Many people immediately start thinking about mental health problems or mental illness – but this is only one part of the picture.

Everyone has 'mental health' and this can be thought of in terms of:

- how we feel about ourselves and the people around us
- how we handle stress and make choices
- how we relate to others and maintain relationships
- our ability to learn from others and to develop psychologically and emotionally.

Being mentally healthy is also about having the ability to overcome the difficulties and challenges we can all face at times in our lives – to have confidence and self-esteem, to be able to make decisions and to believe in ourselves.

Dealing with life's ups and downs

Having said that we all have mental health, it's also important to understand when you might need to get some help or support with how you are feeling – or to know when perhaps you may be experiencing a more serious problem.

It is quite normal to sometimes feel worried, anxious or upset when things don't go as you hope – everyone faces pressure in their lives at certain times and these can include:

- college life & exams
- getting into university/work/getting a job
- growing up and becoming more independent
- friendship and relationship issue

Knowing when to get help

What to look out for:

If someone is experiencing worries, anxieties and difficult feelings to the extent that they are seriously interfering with their everyday life, for instance...

- being able to study and go to school
- being able to eat or sleep as they normally do
- being able to go out with their friends or take part in their favourite hobbies

...and these feelings are becoming persistent, that is lasting for a few weeks or more, then it might be that they have a mental health problem or disorder and need to get some further help.

Not as uncommon as you think

If you think mental health issues are uncommon, think again!

Approximately **1 in 4** people in the UK will experience a mental health problem each year.

In England, **1 in 6** people report experiencing a common mental health problem (such as anxiety and depression) in any given week.

'When 'I' becomes 'We', Illness becomes Wellness'

The first step to overcoming any mental health issue is to talk to someone you can trust. This might be a friend, family member, your Personal Tutor here at MPW, Heena or Fiona.

The next section identifies some common factors that influence mental health and list where you can find help if you or a friend is suffering.



Dealing with College Life

There will inevitably be periods of intensity and potentially stress-provoking situations for any student e.g. during the real and mock exam periods and deadlines/regular testing at the college.

Relationships both at college and at home can also be stressful at times. Adequate preparation for exams can often reduce the stress felt surrounding them (particularly for anxious students) and the student/parent should always contact the Personal Tutor over any concerns. The college also runs regular study skills workshops to help students navigate through stressful periods and provide ongoing support for each individual.

It is important that students try to maintain a healthy balance between academia and exercise, with regular breaks during studying. A healthy diet is also important with regular sleeping patterns and if possible a quiet space at home in which homework can be completed without interruption.

Safe and Acceptable Use of IT

The College encourage students to make good use of all educational opportunities in person and online. To this end students *read, understand, sign and adhere to the student Code of Conduct for Internet, Email and Mobile Electronic Device Use.

- have a good understanding of research skills and the need to avoid plagiarism and uphold copyright regulations.
- understand the importance of reporting abuse, misuse or access to inappropriate materials.
- know what action to take if they or someone they know feels worried or vulnerable when using online technology.
- know and understand the college policy on the use of mobile phones, digital cameras and hand-held devices.
- know and understand the college policy on the taking / use of images and on cyber-bullying.
- understand the importance of adopting good e-safety practices when using digital technologies out of college and realise that the college's e-safety and acceptable use policy covers their actions out of college, if related to their membership of the college.
- take responsibility for learning about the benefits and risks of using the Internet and other technologies safely both in school and at home.

Your Personal Tutor will have a discussion with you about e-safety during Induction.

Frequently asked questions

What shall I do if I would like to discuss a personal matter with a member of staff or I am concerned about a friend at the college?

Your first point of contact is your Personal Tutor who is responsible for student welfare at the college and is available to discuss any concerns that you may have. You can email your Personal Tutor to make an appointment or visit them directly.

If the matter is urgent and they are unavailable, please contact another member of staff on the premises who will be able to help you. The designated safeguarding lead is Jon Slay; he is based in Brookside in B1.12. If you would like your Personal Tutor meeting to be in confidence, we can easily arrange this. Just let your Personal Tutor know when you meet them.

I would like to see a first-aider today, what shall I do?

At MPW there is always a trained first aider on hand – please go to Reception. A first aider will be assigned to you to assess your needs and take necessary, appropriate action.

I am very upset at the moment and I can't find my Personal Tutor – who can I talk to?

We hope that you approach another Personal Tutor or another member of staff who will be able to help. Please remember you can also approach the DSL (Jon Slay), the Principal Tom Caston or a member of the Safeguarding Team (Keith Miller, Elpida Christianaki, Graham Almond, Inga Morrissey, Mark Leaford, Toby Taylor).

I am worried about an incident or issue that happened off school premises or online – can I still talk to a member of staff about it?

Yes – please approach your Personal Tutor or a member of staff about anything that concerns you.

I would like to speak to somebody out of school hours, who can I talk to?

We would encourage you to speak to your parents or someone you trust (a relative, a friend's parents) if you feel comfortable. There are plenty of helpful charities who offer advice to young people:



CHILDLINE:

0800 1111

<http://www.childline.org.uk/pages/home>**SAMARITANS:**

116123

<http://www.samaritans.org/>**MIND (MENTAL HEALTH):**

0300 123 3393

<http://www.mind.org.uk/information-support/helplines/>**GET CONNECTED**

(confidential helpline for young people):

0808 808 4994

<http://www.hatw.co.uk/helplines>**KOOTH**

(Website and an App)

<http://www.kooth.com>

“A problem shared,
is a problem halved.”

Further resources on mental health and wellbeing:

- **Mental health charity providing support and information**
<http://www.mind.org.uk>
- **Workbook on social anxiety**
<http://www.moodjuice.scot.nhs.uk/shynesssocialphobia.asp>
- **Samaritans**
helpline available 24/7 call free (UK): 116 123
<http://www.samaritans.org>
- **Workbook on social anxiety**
<http://www.moodjuice.scot.nhs.uk/shynesssocialphobia.asp>
- **Additional Covid-19 support:**
<https://www.mind.org.uk/information-support/coronavirus/>
- **Providing a range of information, advice and support for students**
<http://www.studentsagainstdepression.org>
- **International service: supporting those in distress**
<http://www.befrienders.org>
- **Support for the under 25s**
<http://www.themix.org.uk>
- **For those struggling with self-harming behaviours**
<http://www.harmless.org.uk>
- **App for Sleep, Meditation and Relaxation**
<http://www.calm.com>
- **Website dedicated to all things mindful**
<http://www.freemindfulness.org>
- **Online guide to mental health and wellness**
<http://www.helpguide.org>
- **Meditation website with App**
<http://www.headspace.com>
- **Campaign Against Living Miserably - Support for young men suffering from depression**
<http://www.thecalmzone.net>
Helpline: 0800 58 58 58





CAMBRIDGE **01223 350158**
3-4 Brookside
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cambridge@mpw.ac.uk