



ASHTON
SIXTH FORM COLLEGE



Mental health & Support at Ashton Sixth Form





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Our Counsellor's duties are:

- **To oversee the running of the counselling service**
- **Promote Mental Health at the college**
- **Also a member of the Safeguarding Team**





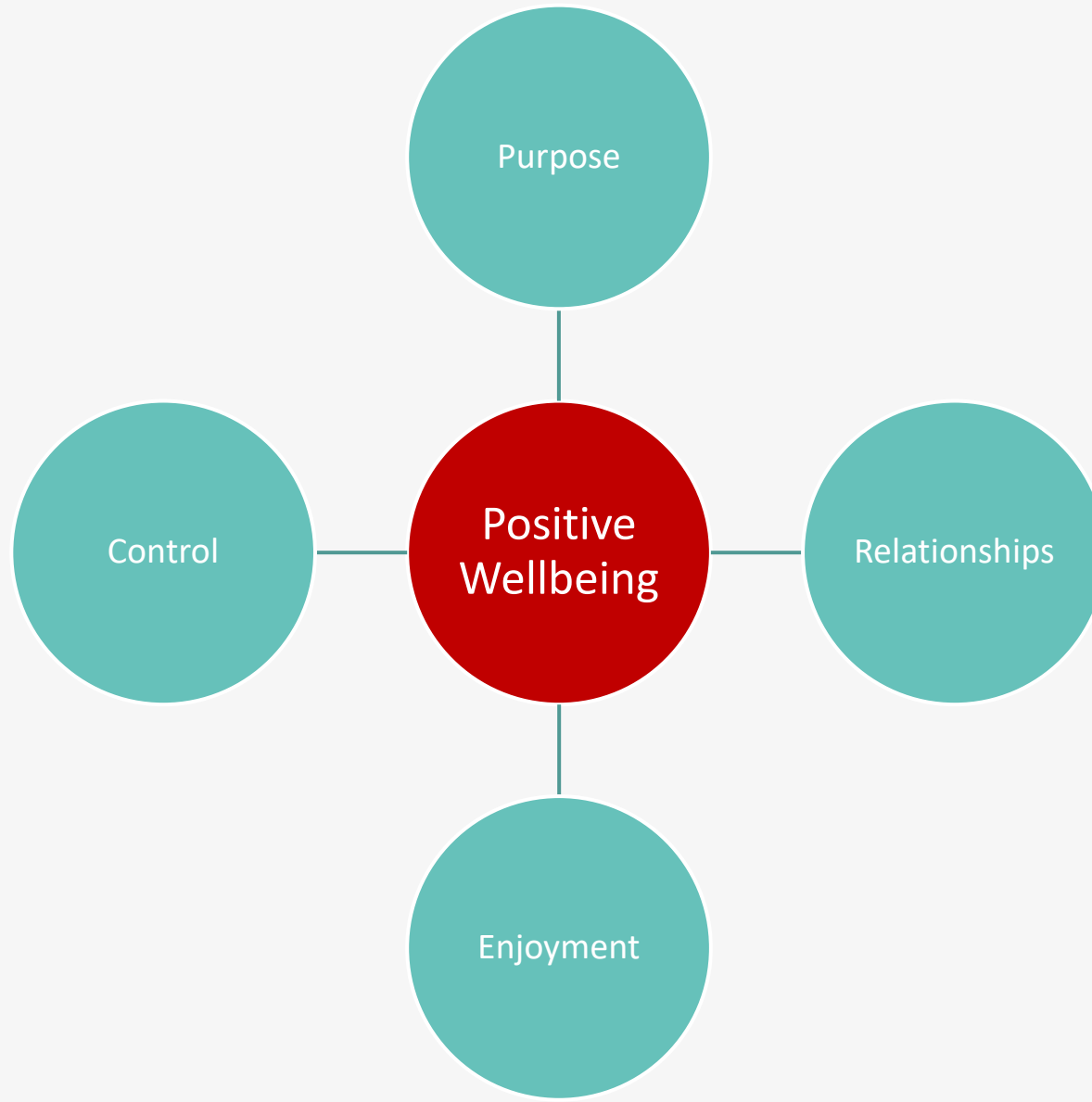
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We all have Mental Health in
the same way we all have
Physical Health.

Now for a short video:

- <https://www.youtube.com/watch?v=DxIDKZH3-E>

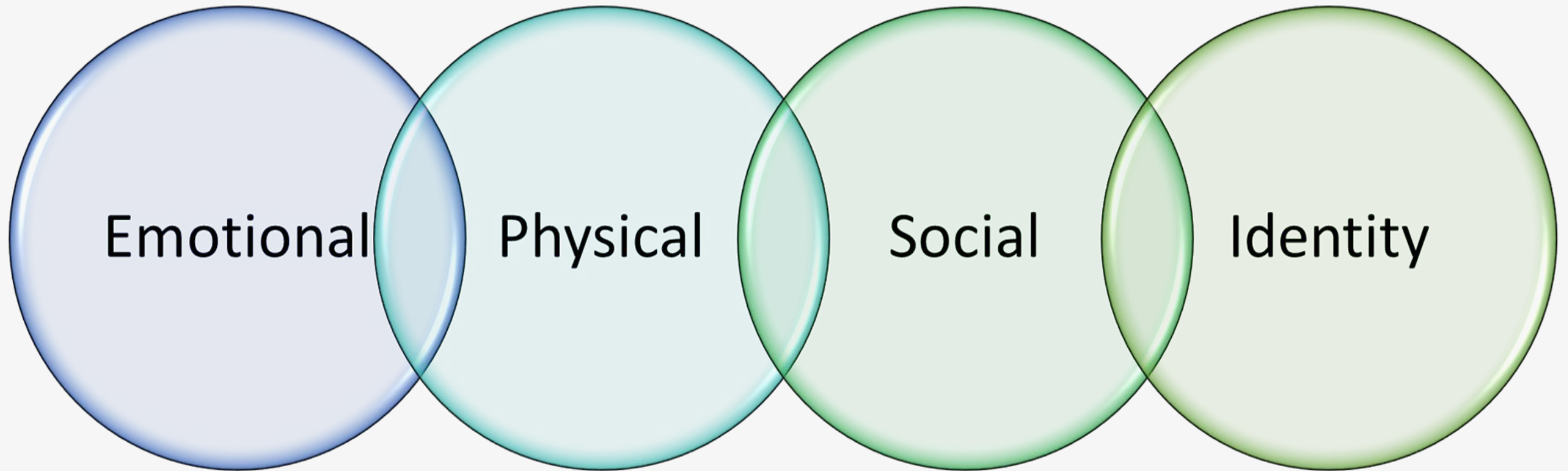


Social, Emotional & Mental Health

SEMH – define. Emotional health means being in control of thoughts, feelings and behaviours. Mental health refers to our ability to process thoughts, feelings and emotions. Scale – spectrum, we can move along it (good days/bad days cliché) but ideally for the most part will be near the left.



The Adolescent journey moving from childhood to adulthood



Promoting Positive SEMH

- Good physical health – diet and exercise.
- Community – join in.
- Positive interpersonal relationships.
- Coping with stress, change & uncertainty.
- Honesty – knowing when to seek help.

“
*Mental
Health is just
as important
as Physical
Health*

College Counsellors at Ashton



- Many years experience working with young people
- Increase in recent years of the amount students using the counselling services
- Appointments are made either on request or by referral (usually through Senior Tutor)
- Counselling box for slips outside counselling room
- Email directly to: counsellors@asfc.ac.uk

How do people use the counselling service?

- Some students visit regularly and have weekly appointments
- Some students visit once and that may be enough for them
- Some students may have more complex needs and a referral to an external agency maybe required
- It all depends on the student and their needs
- Students at serious risk – professional obligation this is shared