

NEWSLETTER

Riverside
College
Widnes & Runcorn

HEALTH & WELLBEING

CRANTON
SIXTHFORM
COLLEGE

The official Newsletter of Riverside College & Cranton Sixth Form



[riversidecrantonhealth](https://www.instagram.com/riversidecrantonhealth)

The Election: Your Vote Matters

Knowing who to vote for can be tricky, it's a difficult choice, however, it is important. From 18, voting is your fundamental right to have your say in how our nation is shaped, which is empowering. Politicians from many parties are now working hard to reach young people through social media platforms, so please do engage with them and see which political party you align yourself with.

There are many issues to consider but mental health charities are hoping that mental health will be a high on the priority list. One in five young people in England has a probable mental health disorder and demand for specialist services is rising, outstripping capacity. It is hoped that this gap can be addressed through a focus on prevention and early intervention.



The Election: Your Vote Matters

The mental health and wellbeing of children and young people should be a priority and political parties should be clear on how they'll tackle this issue.

In response to the news that the General Election will take place on 4 July 2024, Dr Sarah Hughes, Chief Executive of Mind, said:

"There will be a lot of talk about big problems and tough choices this election campaign. But prioritising the nation's mental health and committing to concrete policies should be a simple choice for all parties.



There are clear solutions that would have an immediate impact on people's lives, from reforming the outdated Mental Health Act and investing in and improving mental health services, to reforming our benefits system and sick pay to ensure our social safety net works for people with a mental health problem.

There will be a lot of talk about big problems and tough choices this election campaign. But prioritising the nation's mental health and committing to concrete policies should be a simple choice for all parties.

Fixing the mental health crisis will be tough, but it is possible and must be prioritised. And if the next UK government get it right, lives will be transformed."

Our Commitment To Your Mental Health & Wellbeing

As ever, college is committed to supporting you and we have dedicated Wellbeing Teams in Programme Management. We offer a friendly ear and support, signposting you to external agencies and services such as our visiting nurse. Our mental health and wellbeing is something we should always prioritise. The charity Young Mind has some fantastic advice for selfcare over the summer holidays. You can access their website and other useful resources below:

Anxiety and panic attacks - MIND

YoungMinds

Get help with anxiety, fear or panic - NHS

Need Help Now?

Samaritans

24 hour service. To talk to someone call 116 123 or jo@samaritans.org

Crisis Text Line

24/7 crisis support. Text HOPE to 85258 if you are experiencing a mental health crisis

SOLAR

Select above for resources/support on SOLAR

Onwards and Upwards

Many of you will be deciding on your next career & academic paths. Whether you are returning next year, or moving to HE or employment, we wish you every success.

GOOD LUCK!

SEIZE THE DAY
AND GIVE IT
EVERYTHING
YOU'VE GOT.

