

Student Counselling

At one time or another, we all experience difficulties that can leave us feeling overwhelmed, making us anxious and reducing our sense of wellbeing. Faced with what we're all currently experiencing, now more than ever it's important to stay connected and feel supported.

Sometimes just talking to someone can help, but at other times it may be useful to talk to someone trained to listen who can offer support, guidance and a fresh outlook. **That's where we come in.**

We want you to know that, working in collaboration with your Student Wellbeing Team, we're here for you. Here's a quick recap of some of the wellbeing support options available free to you as a Belfast Metropolitan College student:



Freephone telephone support line...

At any time, you can access our **Freephone telephone support line**. Available 24 hours a day, 365 days a year, it is staffed by a specially trained support team, who if required can provide access to our network of accredited and highly experienced counsellors.

Whatever's on your mind, call us free and confidentially on:

0808 800 0032

You can also contact us via email during office hours at:

support@inspirewellbeing.org

Inspire Support Hub...

The **Inspire Student Support Hub** provides instant online access to a range of wellbeing information, guidance, screening and intervention tools. It will guide you through evidence-based self assessment to personalised wellbeing reports, and recommendations for proactive next steps.

It includes a number of bespoke tools and resources, including:

Guided self-assessment via 'iHelp chatbot', Self-help courses and digital intervention tools, '5 ways to wellbeing' database, Wellbeing information library and Bibliotherapy and a Mood Tracker.

We've also created a new 'COVID-19' area within the Hub, with information, guidance and learning tailored specifically to help you look after your wellbeing during this time. We'll be continually adding to this area, so please check in regularly for updates.

Visit us at: **www.inspiresupporthub.org/students**

To sign up online and start using the hub, click the 'Sign up' button on the homepage. Here, you'll be prompted to enter a PIN unique to BMC students. As this is unique to you, please do not share it outside of your college.

The Belfast Metropolitan College student PIN is: **BMETHUB!**

For any technical queries on using the hub, contact: **hubsupport@inspirewellbeing.org**

For more on the wellbeing support options available to you, please contact your Student Wellbeing Team.

