

## Mental Health & Wellbeing FAQs

### **Welcome to Our Mental Health & Wellbeing FAQ.**

We understand that seeking support for mental health and wellbeing can feel overwhelming. This FAQ is designed to guide you through common questions about the services we offer and what to expect when accessing support. Our aim is to provide clear, compassionate, and practical information so you feel informed and reassured as you take steps toward improving your wellbeing.

### Admissions

#### **Can I declare a mental health condition on my application to Richard Huish College?**

Yes. Richard Huish College encourages students to share any mental health conditions or additional needs during the application process. This helps the college provide the right support from the start of your journey.

#### **Will declaring a mental health condition affect my chances of being accepted?**

No. Declaring a mental health condition will not negatively impact your application. The college is committed to equality of opportunity and aims to support all students to achieve their full potential.

#### **What happens after I declare a mental health condition?**

You may be contacted by the Mental Health & Wellbeing Team to discuss your needs in more detail. You may be invited to a 1:1 Information and Guidance meeting to talk more about your mental health.

#### **Are there any specific steps in the admissions process for students with mental health conditions?**

The general admissions process applies to all students, but if you declare a specific mental health condition, additional support may be offered during:

- The Advice & Guidance Meeting
- Welcome to Huish Days
- Enrolment

### Wellbeing Support at College

#### **What support is available for students with mental health needs?**

Richard Huish College offers the following services to students with a mental health need:

- 1:1 mental health and wellbeing advice
- Access to external mental health agencies
- Wellbeing enrichment activities

- Workshops and talks
- LGBTQ+ support groups
- Study skills support

### **Is my mental health information kept confidential?**

Yes. All information is treated with strict confidentiality and only shared with teachers and tutors on a need-to-know basis. All conversations during 1:1 work are kept confidential unless there is a safeguarding concern, in which case appropriate action will be taken in line with college policy.

### **Who can I talk to about my mental health once I'm a student?**

You will have a dedicated Progress Tutor who supports both your academic and personal wellbeing. They will have regular 1:1 meetings with you. If you or your tutor feel wellbeing support would be helpful, we encourage self-referrals to the wellbeing service through our posters, email address - [wellbeing@richuish.ac.uk](mailto:wellbeing@richuish.ac.uk) and wellbeing cards which you can find around college.

### **Where can I go if I need a quiet space or somewhere to decompress?**

We have dedicated student support room where students can work quietly, relax and decompress in a calming space. The room is in Hawthorn building (H1) and is not staffed.

### **Does college offer remote learning or a blended learning approach?**

Richard Huish College does not offer long-term remote, blended learning or smaller classroom environments. Average class sizes are 20-25 students.

### **I had an exit card at school, will I have one at college?**

Whilst the college does not currently use exit cards, students are encouraged to have open conversations with staff about their needs. These supportive discussions help staff better understand each student and collaboratively develop strategies that empower them to manage their learning environment, including when they may need to step out of the classroom.

### **Does the college provide therapist and counsellors?**

No. We work on a non-clinical model regularly signposting to external agencies when students require specialist support. Our model is a social model recognising that wellbeing is shaped not just by individual experiences, but by relationships, environment, and community. We offer an inclusive, and student-led approach that empowers young people to thrive emotionally, socially, and academically.

### **Can college diagnose mental health conditions and prescribe medication?**

No, colleges are not licensed to diagnose mental health conditions or prescribe medication. Mental health diagnoses and prescriptions must be made by qualified medical professionals such as psychiatrists, GPs, or psychiatric nurse practitioners.

## Working with External Agencies

### **Do I need to inform college if I am working with any external agencies?**

It's helpful for the college to be aware if a student is receiving support from an external agency. With the student's consent we can work collaboratively with those professionals to provide joined-up care. However, we fully respect that some students may prefer to keep their external support private.

### **Do I get any other support from college if I have support externally?**

While regular check-in meetings with a member of the wellbeing team can be beneficial for some students, it is important to avoid a conflict of interest. If a student is already engaged in a therapeutic intervention outside of college, the wellbeing team will not provide therapeutic work but, can continue to offer supportive check-ins and help coordinate support where appropriate.

## Information for Parent/Carers

### **How can I support my child's wellbeing at college?**

Encourage open communication, check in regularly, and remind them that support is available. You can also contact the wellbeing team for guidance.

### **Can I refer my child to the service?**

Yes, you can email [Wellbeing@richuish.ac.uk](mailto:Wellbeing@richuish.ac.uk) and the team will follow up with the student sensitively.

### **Will I be informed if my child accesses the service?**

A mental health support plan will be added onto the student's hub which parent/carers can view. It provides brief information about the support as we respect student confidentiality to build trust and encourage help-seeking.

### **What if my child needs more specialist help?**

The wellbeing team can help facilitate referrals to external services such as CAMHS, counselling, or GP support.

### **Who can I contact for more information?**

You can reach out to:

- **Admissions Team:** [admissions@richuish.ac.uk](mailto:admissions@richuish.ac.uk)
- **Learning Support:** [learningsupport@richuish.ac.uk](mailto:learningsupport@richuish.ac.uk)
- **Wellbeing Team:** [wellbeing@richuish.ac.uk](mailto:wellbeing@richuish.ac.uk)