



HELLO FUTURE

**Your journey
starts here**

**In partnership with
Birmingham Metropolitan
College Introductory
Information**

2025-2026



BMet

Welcome From BMet Principal

Welcome to BMet – we offer a range of specialist provision where students are at the heart of everything we do.

You are enrolled at the college via one of our partner organisations and I would like to take this opportunity to extend a very warm welcome to you to BMet.

We are so pleased to be working in conjunction with a number of partners to provide you with the opportunity to develop your knowledge, skills and behaviours and achieve your chosen qualification. Your course is funded by the West Midlands Combined Authority/ Education and Department for Education and is overseen by our staff to ensure it is of good quality. We are here to support you all the way through your programme of study, therefore should you have any concerns about your course please contact your course tutor/teacher in the first instance.

We are proud of our four college sites and the provision they provide at:

- Matthew Boulton
- James Watt and Erdington Skills Centre
- Sutton Coldfield

BMet provides a range of academic and technical career pathways from Entry level to higher level study.

With us you'll benefit from our partnerships with a range of local and national employers and our links with top universities. Our state-of-the-art facilities and passionate staff will help ensure that

you realise your dreams. Our staff have the expertise and experience to ensure students leave the college with the skills necessary to take that next step in their chosen industry or progress to the next level in their education.

I look forward to you starting your journey at BMet.

Induction Programme

The aim of induction is to:

- Introduce you to your Personal Tutor
- Enable you to get to know other students
- Help you find your way around your place of study
- Tell you about BMet's support services
- Give you the opportunity to discuss any questions you may have
- Explain what will be expected of you as a student and what you can expect from your provider and BMet college
- Give you the opportunity to ask any questions you may have.

We aim to make your experience whilst studying to be stimulating and enjoyable - helping you gain new skills, confidence and qualifications for your future career pathways.

We expect you to work hard at your studies -taking full advantage of the expert help from teachers and support staff.

We have a supportive culture at BMet, where all students are expected to be Ready, Respectful, Safe and fully-equipped to learn at the college.

Ready

- Attend all lessons
- Do your best to achieve and succeed
- Meet deadlines for handing in work
- Ask for help
- Turn off electronic devices during lessons
- Complete the tasks and assignments you are given

Respectful

- Arrive on time
- Treat the college environment and it's resources with respect and care
- Tell us when we get things right or get things wrong
- Be proud of being a student at your place of study
- Eat and drink in designated places

Safe

- Co-operate with any health and safety instructions advised to you by staff, including the wearing of Personal Protective Equipment (PPE) in some areas/workshops
- Avoid sitting on the floor in corridors to prevent causing a safety hazard
- Report any accidents or unsafe situations
- Use the internet appropriately
- Wear your ID card at all times whilst attending your study location.



Pat Carvalho
Principal,
BMet



Anna Jackson
Deputy Principal
BMet



Jan Myatt
Vice Principal
Matthew Boulton
College



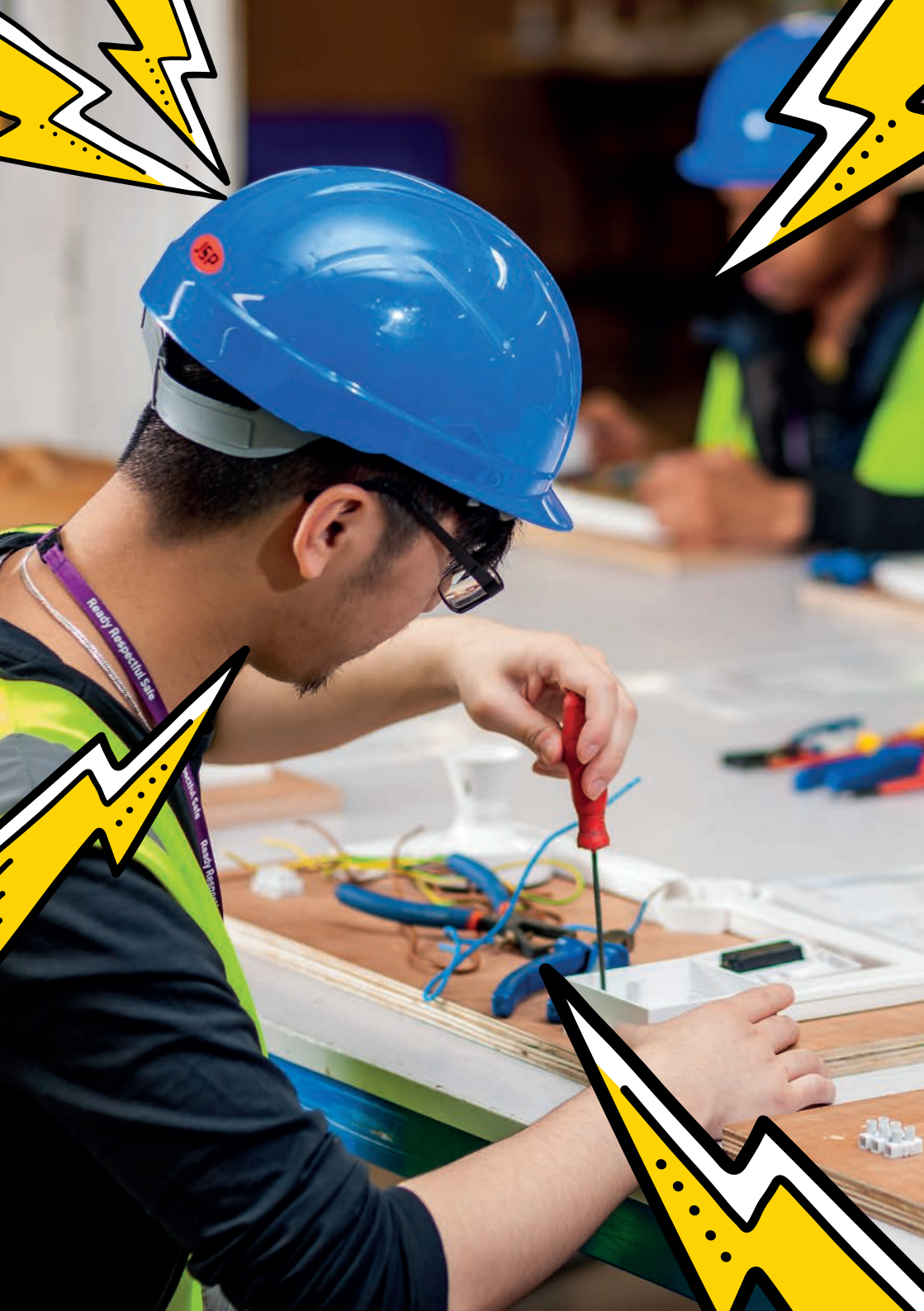
Kay Burton-Williams
Director of Student
Experience & Designated
Safeguarding Lead &
Senior Mental Health Lead



Randeep Sami
Vice Principal
James Watt
College



Dagen Thompson
Vice Principal
Sutton Coldfield
College



Be proud of being a student at BMet

We hope you will be proud to be a student with us and to make a positive contribution to the college community, whether studying here at our college or with one of our partners. We hope you will embrace the opportunity to learn about other people and other cultures different to your own.

Whilst recognising that by doing this, you are preparing yourself for future success in a global society.

Being a student at BMet

Safeguarding

We are committed to providing a safe and supportive environment for all the students who use our college. We want to ensure that what you say is listened to and that you feel safe, respected and treated well.

If you are unhappy, worried or frightened about anything that happens during your time whilst studying, or in your personal life, we want to help you. In the first instance, you can tell your teacher or contact one of the college Safeguarders, whose details can be found on the Learner Landing Page and on the college website.

As part of our commitment to keeping our students safe, we monitor the use of IT systems and follow up any areas of concern with regards to student well-being and safety. All monitoring is carried out in line with our IT and Social Media use Policy.

To ensure the security and safety of all, you are reminded of the following:

- All staff, students and visitors must wear a visible ID card at all times whilst on the college premises or at your place of study

- All staff, students and visitors must be identifiable. Faces cannot be covered by any item of clothing whilst on the college premises (except where exemptions apply)
- ID cards must not be given to any other person

Prevent

What is PREVENT? Prevent is 1 of the 4 elements of CONTEST, the government's counter-terrorism strategy. It aims to stop people becoming terrorists or supporting terrorism.

The Prevent strategy

- Responds to the ideological challenge we face from terrorism and aspects of extremism. Plus, the threat we face from those who promote these views
- Provides practical help to prevent people from being drawn into terrorism and ensure they are given appropriate advice and support
- Works with a wide-range of sectors (including education, criminal justice, faith, charities, online and health) where there are risks of radicalisation that we need to deal with.
- The strategy covers all forms of terrorism, including far right extremism and some aspects of non-violent extremism

If you feel that you or another student you know is at risk, please tell your tutor or contact BMet on: 0121 446 4545

As part of our commitment to keeping our students safe, we monitor the use of IT systems and follow up any areas of concern - with regards to student well-being and safety. All monitoring is carried out in line with our IT and Social Media Use Policy.

Fundamental British Values

What are British Values? The government set out its definition of British values in the 2011 Prevent Strategy. These values sit alongside the college's values. We have to be able to show how our work with students is effective in embedding fundamental British values.

The Department for Education's four aspects of British values are:

- Democracy
- The rule of law
- Individual liberty
- Mutual respect and tolerance for others, such as people who hold different faiths and beliefs

You will encounter these principles throughout college life.

Democracy

Learner voice is significant in regards to life at college. Student representatives are elected by their peers and are involved in making college a better place to learn. Student questionnaires are also conducted throughout the year.

Student representatives also sit on the Board of Governors. We know that the active participation of our students will sow the seeds for a more sophisticated understanding of democracy in the future.

The Rule of Law

Our students will encounter rules and laws throughout their entire lives. We want our students to understand that whether these laws govern the class, the college, the neighbourhood or the country, they are set for good reasons and must be adhered to.

Individual Liberty

We invest a great deal of time in creating a positive culture in college, so that students are in a safe environment where

choices and freedoms are encouraged. At college, we believe that valuing choice and freedom in daily life will foster a value for individual liberty.

Mutual respect

Mutual respect is at the core of college life. Students learn to treat each other and staff with great respect. This can be achieved by:

- Showing tolerance to those of different faiths and beliefs
- Encouraging student participation in working with the wider community and hold events which celebrate diversity and different religions

Equity, Diversity & Inclusion

We hope that you will share our pride in being a diverse college. We value all the many differences that make us unique and that also enrich and strengthen our communities.

Equity, Diversity and Inclusion involves us all. It is about people being able to be who they are and being supported to be the best that they can be. It is about making sure our environments are truly inclusive and Ready, Respectful and Safe for everyone, everywhere and every time.



What does this mean for me?

- The college understands and more effectively meets my needs
- I am supported and encouraged to be the best that I can be
- I am able to speak up about things I am not happy with
- I feel safe to be who I am and I am treated with dignity and respect

- The college environment is accessible and inclusive for me
- I am able to understand the information I need in an accessible format
- The college has people I can relate to
- I can relate to the content of my lessons
- I can learn about difference and am encouraged to understand other people's perspectives
- I take ownership of my contribution to creating a truly diverse and inclusive college

Treat peers and staff with mutual respect and care

In the same way that you can expect to be respected as an individual, it is expected that you will treat all other

members of the college with the same respect, tolerance and understanding. We do not tolerate any forms of bullying – including homophobic, biphobic and transphobic bullying.

Discrimination is related to sex and gender identity, disability, race, sexual orientation, age, pregnancy as well as maternity and religion and belief. We will challenge any behaviour or language that is inappropriate.

Anti Racism

BMet is an Anti-Racist college, this means we believe that racism is everyone's problem we are actively conscious about race and racism and our role in stopping it.





Health & Wellbeing

In order to get the most out of your student experience and to assist you with your studying, the following activities/plans will help you in maintaining your maximum health and well-being:

- Enjoy a good, healthy varied diet
- Take the opportunity to regularly drink water throughout your study periods

- Look to get some fresh air (and hopefully sunshine) during your breaks
- Try to undertake some regular exercise a few times each week
- Organise and put in place a good study regime starting at the beginning of the academic year. Then follow this through to planning your revision timetable (ensuring you mix this with planned breaks)

- Avoid, and abstain from illegal drugs
- Avoid or moderate alcohol particularly during the college week
- Try to get sufficient sleep. This will vary for different people however, you should be aiming to wake and be suitably refreshed for the tasks/challenges of the day ahead
- Finally, if you have any worries or concerns, speak to your personal tutor in the first instance who can introduce you to the mentor and / or counsellor at college

Health and Safety

Please remember that the first rule of health and safety in college, at work or anywhere is to look after yourself, others and the environment, in that order. If you should feel unwell or have an accident whilst at college, please try to alert a member of staff or go straight to reception where someone will be able to help you.

Your tutor will show you how to evacuate the building should an alarm sound, which you may well get to practice during the first term in college. You should familiarise yourself with the nearest fire escape route, plus alternative routes too along with the nearest assembly point. Whilst you are on campus, you may become or be made aware of an unsafe situation (frequently referred to as a 'near miss'). Please ensure that you advise a member of staff as soon as possible of any issues/ concerns.

We are a smoke free college and there are designated areas for those who smoke cigarettes or vaping (including electronic cigarettes). Show respect by using these areas away from our main college buildings.

Evacuation in the event of an incident – let us know if you need support. Some students may have mobility issues or have visual / auditory impairments. If this is relevant to you, please speak to your Personal Tutor about your circumstances and what assistance you may need in the event of an emergency evacuation from the building. This will be documented in a medical form. Some students may have medical issues which are not visible. If this includes you, it is important that the college and your Personal Tutor are made aware of the circumstances and any support arrangements. Working with you, a risk assessment will be prepared and put into place. Pregnant students may also require a medical form depending upon circumstances.

RUN, HIDE, TELL

NPCC
National Police Chiefs' Council

RUN
HIDE
TELL

IN THE RARE EVENT OF a firearms or weapons attack

RUN - to a place of safety. This is a better option than to surrender or negotiate. If there's nowhere to go, then...

HIDE - Remember to turn your phone to silent and turn off vibrate. Barricade yourself in if you can.

TELL - the police by calling 999 when it is safe to do so.

www.npcc.police.uk/staysafe

GDPR – Protecting Data

The GDPR (General Data Protection Regulations) is legislation which outlines measures an organisation must take when handling personal data. The regulations introduced more strict requirements for protection and accountability, giving individuals more control over their personal data. We all have a responsibility to protect the data that is collected and used by the college. The college collects and holds personal data relating to its students for a variety of purposes. For further details on the way in which we process your personal data, including the legal basis for doing so, please refer to the College Privacy Notice which can be accessed on the college website.

The college may process special category personal data about you. For example, details about your mental or physical health and/or disability, information concerning ethnicity, religious or political opinions and/or sexuality. In limited circumstances, the college may also disclose this special category personal data to third parties, where there is a legitimate need or obligation, during or after your study. The college's Data Protection Officer should be contacted if you have any specific questions. Please note that the college is reliant on students for much of the data it holds. Therefore, it is your responsibility to help the college keep records up to date by notifying any alterations to student addresses, personal details, or course enrolments.

The college complies with the requirements of the GDPR and the Data Protection Act 2018. Guidance on Data Protection issues can be found on the college's website:
<https://www.bmet.ac.uk/about-bmet/governance/data-protection/>

To discuss any objections or concerns, to obtain a copy of the current personal information held about you or to exercise any other rights that you have under GDPR, please contact the college's Data Protection Officer by email dpo@bmet.ac.uk

BMET College Commitment to the AoC Charter for Student Engagement

At BMet, we are proud to be signed up to the Association of Colleges (AoC) Charter for Student Engagement. As part of this commitment, our college will:

- Create and nurture a culture of partnership and engagement and treat our students as partners in learning.
- Treat our student with respect and listen to their views.
- Value, promote and embed student engagement across our college's work and ensure that college processes build in opportunities for student feedback and action on that feedback.
- Create inclusive student representative structures and commit sufficient resources, training and development to support them.
- Make the connection between student engagement and values of equality, democracy, the rule of law, respect and tolerance, individual freedom, political literacy and broader social issues.
- Encourage high participation in all student elections and consultations.
- Promote equality, celebrate diversity and ensure that student engagement reflects our student cohort in all its diversity.
- Provide opportunities for student involvement in Youth Social Action, volunteering, personal development and leadership activity.
- Encourage our students to become informed, critical, active citizens and prepare them for life and work in a diverse society.

- Help our students develop the skills and confidence needed for participation, leadership, advocacy and deliberation.

Supporting and Enriching your Student Experience

Student Services

Student Services offers end to end advice and support for students during their time at college. A wide range of services are provided, including signposting to other services.

- Advice, guidance and support in applying for financial support through our bursary scheme
- Enrolment services including change of personal details or course details
- Replacement ID cards or day passes (chargeable services)
- Confirmation of study and/or references

And much, much more! We are here to help and support you with any queries related to your time in college and outside your teaching & learning activities.

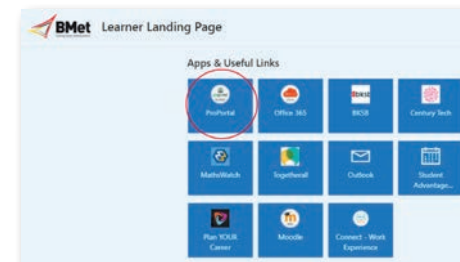
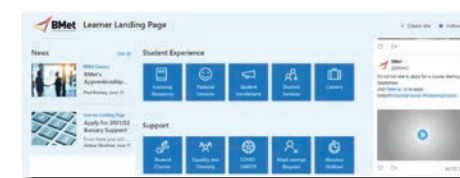
Financial Support (Learner Support Fund)

- Travel (public transport)
- Free college meals
- Childcare
- Equipment costs Inc. trips and visits
- Printing credits
- Vulnerable Bursary (16-18's additional criteria applies)

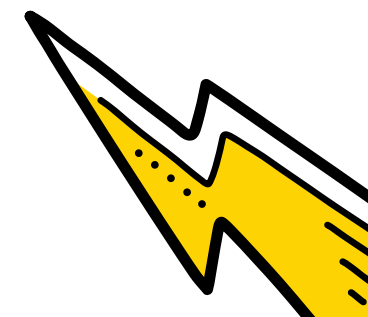
Eligibility for this support is dependent upon your individual circumstances, your individual or household income and the course you are enrolled onto. Household income must be £40,000 or less if you are enrolled on a Study Programme or £35,000 if you are on a Adult Course excluding Higher Education and Apprenticeships.

You will be issued with a link to apply for bursary support when you have enrolled on your course. Further details about what support you could receive and full eligibility information is available from the Student Services team.

We've got a number of apps to help you manage your bursary support. Why not check these out on our website <https://bmet.ac.uk/phoneapps>



We are here to help and support you with any queries related to your time in college, outside your teaching & learning activities.





Library & Learning Resource Centre (LRC)

We have a Library and open access IT area available for all students to self-study outside the classroom environment. Staff are available (during advertised opening hours) to support students with accessing resources, referencing techniques and general IT support.

All students are able to borrow books/materials/equipment from the Library using your student ID card. BMet Library Look4 is a new user interface where students can search the catalogue and manage their loans when signed in to BMet systems. See Student Services staff for more details. Photocopying facilities are available in the Library & LRC. All students are provided with a printing credit facility with a pre-loaded monetary value and further printing credits can be purchased from the LRC. Students in receipt of bursary support will receive additional printing credit in line with the bursary policy and offer.

Wellbeing & Pastoral Services

Pastoral support is the support we put in place for students to help with your physical, emotional and all round general wellbeing. These may or may not be

issues that are directly linked to your studies.

These services are really important to support you to be the best that you can and achieve your goals with us and beyond. It's never too early or too late to ask for support as everyone needs support at one time or another.

Mentoring (Performance Coaching)

Sometimes issues can occur in college, or even outside of college. It can be difficult to know what to do or who to turn to. Mentoring is a system of semi-structured guidance - whereby one person shares their knowledge, skills and experience to assist others to progress in their own lives and careers. Performance Coaches are accessible and can offer help as the need arises, within the limitations of the service. Mentoring is a process of working together to achieve agreed goals through SMART targets. It can be a short-term arrangement until the original reason for the support is fulfilled (or ceases), or it can last over the duration of your course.

Performance Coaches will help you to access more specialised sources of help, if it becomes apparent that this would be the best way forward.

Counselling

At BMet, we believe that good mental health and wellbeing are important for every student's success.

If you're facing challenges that goes beyond the support offered by Togetherall or our Performance Coaches, you might benefit from a therapeutic intervention with a qualified counsellor. We can arrange this support for you, either online or over the phone.

What you discuss with a counsellor is treated in confidence, unless there's a significant risk of harm to yourself or others. In such cases, your counsellor will explain the necessary steps to ensure safety.

Engaging in therapeutic conversations with a trained professional can help you explore and make sense of your emotions, develop coping strategies, and improve your overall sense of wellbeing.

Sharing your feelings with a counsellor and finding solutions to move forward in your life can help you feel happier about yourself and raise your self-esteem. It is important to us to listen to your views and act upon what you tell us. Student involvement is a key aspect of the college's Student Involvement Strategy.

Togetherall - A safe community to support your mental health, 24/7.

As a BMet student you have access to togetherall, an online platform which is a safe place to talk, share and support others if you are stressed, anxious or feeling low. It has a range of self-guided courses that you can do at your own pace and creative tools to help express how you are feeling and trained professionals on hand 24/7.

You can find out more and access Togetherall via the Learner Landing Page.

Careers

Our Careers Service is available to help you plan your career. This includes choosing the right course, changing courses if need be and helping with progression into work, training or higher education (including help with university and job applications).

Advice and guidance is impartial, confidential and provided by professionally qualified Careers Advisers. Throughout the year, the careers team organises support sessions from local universities to help with the university application process, preparation for academic interviews and student finance. Alex is our new AI careers bot.

You can get personalised career recommendations in 5 minutes. Alex answers questions and offers help straightaway. Chat anytime anywhere. Scan here to sign up.



Student Voice – Listening to you

It is important to us to listen to your views and act upon what you tell us. Student involvement is a key aspect of the college's Student Involvement Strategy.

We want you to play a role in decision making to effect improvements to all aspects of your college experience.

There are a number of ways in which you can make your views known:

- You can volunteer to participate in a Focus Group, looking at a very specific issue
- You will be advised by your teacher when surveys are running

We also welcome compliments and constructive complaints that help us to improve. The process that is followed can be found by clicking on this link: <https://www.bmet.ac.uk/student-experience/student-support/complaints/>

The college takes complaints very seriously and will make every effort to resolve the complaint and keep the complainant informed throughout the process.

Inclusive Support – We are here to help

We offer comprehensive support to help you excel in your studies, whether in class or through small groups in the Study Centre. Our services are designed to help you succeed on your course. Our dedicated Tutors and Inclusive Support team collaborate to assist you in developing essential skills and strategies.

We offer guidance in:

- Exam techniques
- Study skills
- Planning and structuring assignments
- Proof reading
- No matter your support requirements,

we are committed to working with you to provide the best opportunities for success in your course.

- Time management

Other help includes:

- British Sign Language communicators if you are a sign language user
- Enlarged text/braille if you are visually impaired

Specialised Support for EHCP and SEND Students

If you have an Education, Health, and Care Plan (EHCP) or Special Educational Needs and Disabilities (SEND), please visit the Inclusion team in the Study Centre. We will work with you to create a tailored support structure based on your specific needs and recommendations.

Enrichment Clubs for Students with EHCP/SEND

Unlock your potential with our enrichment clubs. Our clubs are specifically designed for students with SEND. These clubs provide opportunities for personal growth, skill development, and social engagement in a supportive environment. We ensure a welcoming and inclusive atmosphere where every student can thrive.

Exam concessions

If your course includes exams and you need concessions such as extra time, a reader, or a scribe, please provide evidence of a previous assessment, these do not automatically transfer from schools. If you do not have this evidence, visit the Study Centre to make an appointment with one of the team. They will discuss the criteria needed for an assessment to be conducted at the college. You will need to do this early in your course to ensure that concessions in the classroom are in place and approval can be sought from exam



boards in time for your exams. If you had exam access arrangements at school and have not been to the Study Centre to confirm this, please scan the QR code and complete the form.



The Inclusion team is available at each campus to assist you.

James Watt - room JW338
Matthew Boulton - room MB301
Sutton Coldfield - room SC139

Other help includes:

- Dyslexia support in a small group setting, tailored to your individual needs
- British Sign Language communicators if you are a sign language user

- Enlarged text/braille if you are visually impaired
- A support structure tailored to meet recommendations from an Education, Health and Care Plan. If you have an EHCP, please see the inclusion team in college

Exam concessions

If this is not available, you will need to regularly attend the Study Centre and meet criteria for an assessment to take place in college.

Contact the college to find out where you can locate the inclusion team at each college site.

All college students have access to individualised support in the Study Centre. This is a small group setting, where you can also improve English and/or maths skills (up to and including GCSE levels). The support is tailored to your individual needs.

How to log into the college IT systems

The first time you log into the college system, you will need your username and password. Your username, to logon to college PCs, is the student reference number given to you at enrolment and is also on your student ID badge.

The initial password is based on your initials (lower-case), date of birth (DDMM) and your postcode (upper-case, no spaces):

[ii][DDMM][POSTCODE]

Example: Anita Yasmin with student ID number 23123456, whose date of birth is 28/02/06 and postcode is B74 2NW, will log-in as:

Username: 23123456

Password: ay2802B742NW

You should change your password as soon as you can, to something memorable and secure, of at least 10 characters. There will need to be at least three of these four types:

Upper-case letters

Lower-case letters

Numbers

Special characters – for example (#, ^, {}, !)

Any weak/obvious words ('password', 'keyboard', 'office') or popular terms (brands, teams or famous people) may result in it being rejected. During enrolment you will have been instructed to install the "Microsoft Authenticator" app on your mobile device or request a security dongle device. This is to let you register your account for Multi-Factor Authentication (MFA), to protect your data and that of your fellow students. At college you will be prompted to change your password every 70 days. Do not

disclose your password to anyone. Please refer to the IT & Social Media Policy for more details on what is expected from you whilst using the college IT systems.

Wifi and bring your own device (BYOD)

BMet has a robust wireless network at its main campuses, enabling you to bring your own personal devices to get Internet access that can help you in your studies. You can find out how to log on by visiting the Learner Landing Page.

Learner Landing Page

This is a shared space on the college website where students can access information regarding college news and policies, the latest announcements, term dates, course-related information, as well as revision and study techniques - to name but a few.

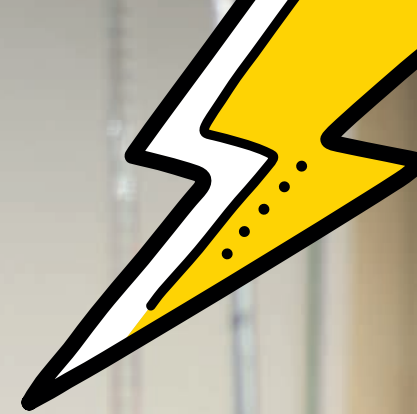
It also contains links to the other important systems used in college. In essence it is much more than an electronic notice board. All details about IT and other Apps are available on the Learner Landing Page.

Other Useful Systems

Online learning as part of your studies will be completed on Moodle. Pro-portal gives you and your parents/carers/guardians access to see your progress whilst you are on your course. Links to both these systems can be found on Learner Landing Page.

How to use college email

We use Microsoft Outlook for email. If your student reference number is 23123456, your college email address will be: 23123456@student.bmet.ac.uk You can use that as your username to access cloud resources, such as your email, OneDrive files, course Teams etc from any college PC, from home or your mobile device.





Printing

All students are allocated a printing allowance at the start of their programme. Further credits can be purchased at the Learning Resource Centres (LRCs). Printers are placed throughout the college and also within the LRCs.

Etiquette, behaviour including IT and Social Media Policy

(applies when using the college network or by accessing college Wi-Fi). Please take time to read the IT & Social Media policy - which is available on the Learner Landing Page in the tile Policies & Procedures.

The college has an IT helpdesk that can be used for any difficulties or faults. You must use your college email in all correspondence to BMet including emails to lecturing staff.

BMet Acceptable use of IT & Social Media Policy

By logging onto the college network, you agree to abide by the terms of the Policy. This includes your individual responsibilities to protect your account

and password and to fully log off any devices to prevent unauthorised access. The college monitors all activity on the college network including WiFi connection.

Access to the college network is granted under the agreement to the Policy and the following terms:-

- You must not undertake any activity that is in breach of British Laws, this includes Freedom of Speech.
- You must not undertake any activity that causes damage to the college network, devices, hardware or software.
- Any breaches to the terms of use will be dealt with under the college Positive Behaviour Policy and Disciplinary Procedure.
- Serious breaches will result in termination or suspension of access to the college network which may take place without notice.

Please take time to read the IT & Social Media policy which is available on the Learner Landing Page in the tile Policies and Procedures.



w. bmet.ac.uk

t. 0121 446 4545

James Watt College: Aldridge Road Great Barr Birmingham B44 8NE

Matthew Boulton College: Jennens Road Birmingham B4 7PS

Sutton Coldfield College: 34 Lichfield Road Sutton Coldfield B74 2NW

If something is worrying you it is never too early or too late to ask for **SUPPORT. Wellbeing Support Services**

Physical Wellbeing

- Victim Support available 24 hours 0808 1689 111 or live chat www.victimsupport.org.uk
- Birmingham Crisis Centre support for victims of Domestic Abuse 24 hr helpline 0121 507 0707
- SAYA multilingual 24-hour helpline for Domestic Violence 0800 389 6990 (Bengali, Gujarati, Hindi, Punjabi and Urdu)
- Men's Domestic Violence Helpline 1800 000 599
- Aquarius support with alcohol, drugs and gambling 0121 622 8181
- Talk to Frank for facts, support and advice on drugs and alcohol 0300 123 6600 www.talktofrank.com
- Umbrella support for sexual health including home testing kits 0121 237 5700

Emotional and Psychological Wellbeing

- Togetherall.com free to all BMet students and staff
- Kooth.com online mental wellbeing community, free, safe and anonymous support
- Forward Thinking Birmingham and Pause Drop in mental health support for people up to 25yrs 0300 300 0099 www.forwardthinkingbirmingham.nhs.uk
- Samaritans there's always someone there to listen 116 123
- Shout 24/7 if you are struggling to cope and need mental health support free text service text SHOUT to 85258
- Forced Marriage Unit for help and advice 020 7008 5000 from overseas +44 (0)20 7008 5000 out of hours 020 7008 5000
- West Midlands Police forced marriage support and information www.west-midlands.police.uk/your-options/forced-marriage
- Rape & Sexual Violence Project (RSVP) 0121 643 4136
- Strut Safe to support anyone who feels unsafe when walking in public 0333 335 0026 Friday and Saturday 19:00 – 03:00 Sunday 19:00 – 01:00 www.strutsafe.org
- The Waiting Room a signposting website to a variety of community support services www.the-waitingroom.org

Social Wellbeing

- Birmingham LGBT support to improve wellbeing and reduce isolation 0121 643 0821 www.blgbt.org
- Mermaids support for gender diverse young people and their families helpline 0808 801 0400 text MERMAIDS to 85258 for free 24/7 crisis support www.mermaidsuk.org.uk
- Lesbian and Gay Switchboard UK 0300 330 0630 www.switchboard.lgbt
- Food Cycle support for people who are hungry and lonely www.foodcycle.org.uk

Spiritual

- Birmingham and Solihull Mental Health to help you find or reconnect with things in your life www.bsmhft.nhs.uk/service-user-and-carer/service-user-information/spiritual-care/
- College Chaplains speak to your pastoral and welfare team for more information

Intellectual

- Birmingham Disability Resource Centre 03030 402 040 www.disability.co.uk
- Disability Rights UK Promoting meaningful independent living for disabled people Disabled Students Helpline: 0330 995 0400. www.disabilityrightsuk.org
- Scope Information services on all aspects of disability 0808 800 3333 www.scope.org.uk
- Dyslexia Association Birmingham 0121 643 3737 www.da-bham.org

Economic

- Trussell Trust Foodbank support www.trusselltrust.org
- YMCA Birmingham homelessness support 0121 477 4644
- YMCA Sutton Coldfield homelessness support 0121 354 5614
- St Basils homelessness support 0300 303 0099 text NEED ST BASILS to 62277
- Turn2us financial advice and benefits calculator www.turn2us.org.uk
- GamCare advice and, support for anyone harmed by gambling 0808 8020 133 or live chat on www.gamcare.org.uk
- National Illegal Money Lending Team for help and support on loan sharks 0300 555 2222 or text LOAN SHARK to 60003

Don't forget we have lots of wellbeing help and support in college, speak to your tutor or Pastoral and Welfare Team to find out more.



BMet