



Your Well Being

To complement your wellbeing there are a wide range of therapies and treatments available to help you unwind and cope with everyday life.

For example a massage is a great stress reliever! If you are interested in finding out more about this and other treatments why not book yourself an appointment at the College's on-site beauty therapy department?

Feel the benefits at very reasonable rates!

spa
at the waterfront

studio
at the waterfront

WELLBEING AND SPIRITUAL CARE

AT EDINBURGH'S TELFORD COLLEGE



Wellbeing and Spiritual Care

Coming to college can be a very exciting and rewarding time. It can also be a time of change and stress and there may be a whole range of issues and dilemmas affecting your life and studies. These may be the result of either past or present experiences. At Edinburgh's Telford College we have a range of easily accessible services for students - helping you look after yourself that little bit better.

Personal Matters, Advice and Referral Drop-ins

The College has a Personal Matters, Advice and Referral Drop-In service, which offers a safe environment to anyone who would like someone to talk to about any concerns they have.

If you are not sure where to get the support you need, or in fact what support you need, this service will help you. Help, support and guidance will be provided to anyone wishing to contact external organisations offering counselling and other related support.

The drop- in times for this service are as follows:

DROP-IN TIMES:	
Mon, Wed & Fri	11.30 – 13.00
Tues	13.00 – 14.30
Thurs	14.30 – 16.00

Alternatively, you can contact Puja Mahindru (Student Services Officer) on **0131 559 4098** or email puja.mahindru@ed-coll.ac.uk to arrange an appointment.

Living Life to the Full

The 'Living Life to the Full' course is designed to help students develop life skills to deal with depression and mental illness. Based on Cognitive Behavioural Therapy (CBT) the course is designed in a way to empower students to understand why they feel as they do, and to learn new ways of improving how they feel.
Content:

- **Week 1:** Understanding why we feel as we do
- **Week 2:** Problem solving
- **Week 3:** Building confidence and activities
- **Week 4:** Balanced thinking
- **Week 5:** Dealing with unhelpful behaviour
- **Week 6:** Sleeping better and medication
- **Week 7:** Assertiveness
- **Week 8:** Healthy living (planning for the future)

If you are aged 18-35 and are interested in this **FREE 8 week course** please contact a member of Student Services for more details.

Spiritual Care

The College has a faith room for staff and students to use for a peaceful, quiet environment for prayer, contemplation or relaxation. Whether you have a particular faith or not you are welcome to use the room for quiet reflection.

If you wish to link up with a local faith community, whether it is for support and friendship (particularly if you are away from home) or to integrate and meet people from your own faith, the College's Spiritual Care team can help.

Members of the Spiritual Care Team, provide a drop-in service every Thursday between 12-1pm, in the faith room.

If you have any questions about accessing the Spiritual Care Team and the range of services they provide, you can contact Student Services on: **0131 559 4098** for more information or email spiritualcare@ed-coll.ac.uk.