



Northbrook MET wants you to be **SAFE and HEARD**

If you need support whilst at college, please get in contact with our support teams.

If you, or someone you know at college, is at risk of harm, please contact the Welfare Lead on 07834 651466, or contact 07739 615265 / safeguarding@gbmc.ac.uk and support will be given.



Pastoral Tutors

Your Pastoral Tutor is here to guide you through your college journey, ensuring you are safe, supported and have the opportunity to explore important topics in your tutorial sessions. You can also drop in to see a Pastoral Tutor to seek support or be referred to other college services.

Contact: pastoral@gbmc.ac.uk



Welfare Advisors

Welfare Advisors can offer support regarding child or vulnerable adult protection, racism, being a victim of a crime, sexual and emotional abuse, bullying, county lines, exploitation, serious threats or actual violence or intimidation (by or to students or from others outside the college), self-harm or thoughts of suicide, or concerns regarding links to extremism or risks of radicalisation.

Contact: worthingwelfare@gbmc.ac.uk



Mental Wellbeing Advisers

Our Advisers are here to help if you are struggling with significant stress, worry, anxiety, or depression, having difficulty coping, sleeping or eating, or suffering with any kind of trauma. Ask your Pastoral tutor or welfare advisor for support.

Contact: wellbeing@gbmc.ac.uk



Counsellors

Our Counselling team provides a safe and confidential space for you to explore personal and emotional issues about any aspect of your life. To access this service, speak to a Pastoral Tutor, Welfare Advisor, or email direct.

Contact: counsellors@gbmc.ac.uk

External services

When you are not at college, or if someone you know is in need of help, you can contact:

Childline (for ages up to 18): 0800 1111

Samaritans (for all ages): 0330 094 5717

The Child Exploitation and Online Protection Command (CEOP)

If you or someone you know is being exploited or abused online, please contact CEOP. CEOP is a law enforcement agency and is here to keep children and young people safe from sexual exploitation and abuse.

Visit: ceop.police.uk/ceop-reporting