

BECOME A KC CHANGE CHAMPION

The Kirklees College Change Champions are staff and student volunteers who promote the wellbeing and interests of our college community by raising awareness and reducing stigma of mental health, as well as signposting to support services available.



If you would like more information about becoming a KC Change Champion, please email: support@kirkleescollege.ac.uk

INFO FOR STUDENTS

Please see the enrichment activities online which are updated weekly to keep you connected, active and healthy.

[Click here](#)

COUNSELLING SERVICE

WE'RE STILL HERE!

We are still running our service via telephone call or through video call.

We are still accepting referrals.
Mon-Thurs 9am-4pm
(flexibility is available)
email: counsellingservice@kirkleescollege.ac.uk

MENTAL HEALTH AWARENESS WEEK

The theme for Mental Health Awareness Week this year is 'kindness', which is more important than ever whilst we continue to socially distance.

Throughout the week, we will be sharing events, blogs, staff and student mental health experiences and support information on our social channels. There are many ways to get involved, whether you want to raise money, awareness or share your experiences or acts of kindness.

For inspiration, please visit: <https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week>.

What you are doing to support Mental Health Awareness Week?

Please send your stories and pictures to support@kirkleescollege.ac.uk.



INFORMATION FOR PARENTS

We will be launching the 'KC Parent Pals' scheme next week, which is a new initiative for parents/carers and staff to share ideas, tips and connect with each other.

The first event will be a parent/carer coffee and chat on 22 May.

Please keep an eye on the parent portal for more information.

Here are other sources of support for parents and carers:

- [Northorpe Hall Child and Family Trust](#) are a local charity working with children and families to support their mental health
- [Action for Children](#) offer support for parents and families
- [ParentZone support families](#) in a digital world, including tips on how to stay connected as a family and staying safe online
- [Place2Be](#) suggest different family wellbeing activities