



# Boston College Counselling Bulletin

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## Meet the Counselling Team

- **Kay Finn** – Humanistic Counsellor
- **Dawn Robertson** – Integrative Counsellor

We are here to support the emotional wellbeing of all learners. Whether students need someone to talk to, support with stress, or guidance through challenging times, we provide a **safe, confidential, and supportive space**.



## How to Contact Us

-  **Email:** [counselling@boston.ac.uk](mailto:counselling@boston.ac.uk)
-  Students can self-refer or ask a member of staff to contact us on their behalf
-  Available across all Boston College sites
-  Sessions can also take place via Microsoft Teams if needed



## Highlights & Key Dates



### Time to Talk Day

**6 February 2026**

A national initiative encouraging open conversations about mental health. Staff joined drop-in sessions and discussions to reduce stigma and promote wellbeing.



### Mental Health Awareness Week 2026

**11 – 17 May 2026**

This year focuses is on **taking action for good mental health**. We are sharing practical, evidence-based tips to encourage small wellbeing boosts and help build lasting healthy habits.

 [www.mentalhealth.org.uk/our-work/public-engagement/mental-health-awareness-week](http://www.mentalhealth.org.uk/our-work/public-engagement/mental-health-awareness-week)

## ✓ 10 Simple Ways to Support Your Wellbeing

1. 🎯 **Plan Something to Look Forward To** – Big or small, having plans boosts motivation and hope
2. 🍎 **Eat Well** – A balanced diet supports mental and physical health
3. 🌿 **Get Closer to Nature** – Time outdoors can reduce stress and improve mood
4. 😴 **Get Good Sleep** – Rest supports focus, mood, and overall wellbeing
5. 🎨 **Get Creative** – Express yourself through music, art, or hobbies
6. 🚶 **Move Regularly** – Even small amounts of activity make a difference
7. 🧘 **Try Mindfulness** – Focus on the present moment to manage stress
8. 👥 **Make Time for Friends** – Connection supports emotional wellbeing
9. 🤍 **Be Kind to Yourself** – Show yourself patience and understanding
10. 💬 **Talk Things Over** – Speak to someone you trust

 **Local Support Services** During Mental Health Awareness week, we would like to share information about Local Support Services,

### **CAMHS (Child & Adolescent Mental Health Services)**

- Support for anxiety, depression, self-harm, and more
- Available up to age 18 (25 for care leavers)
- Offers therapy, group work, and crisis support
- ⌚ Urgent cases may be seen within 72 hours

 **01476 464949**



[Child and Adolescent Mental Health Service \(CAMHS\) :: Lincolnshire Young Minds](#)

### **Calm Steps**

- Community-based, family-focused support
- Builds resilience, confidence, and emotional wellbeing
- Delivered through engaging activities



[Lincolnshire Family Services Directory | Calm Steps - Child and Family Mental Health](#)

[Supporthttps://www.bing.com/ck/a?!&&p=af5aba36dbb9787f416ea42adb4e8bf37e0e89c944880a778873284755c63eb1Jm1tdHM9MTc3NTAwMTYwMA&ptn=3&ver=2&hsh=4&fclid=30a46163-ecb8-6e9c-3965-](https://www.bing.com/ck/a?!&&p=af5aba36dbb9787f416ea42adb4e8bf37e0e89c944880a778873284755c63eb1Jm1tdHM9MTc3NTAwMTYwMA&ptn=3&ver=2&hsh=4&fclid=30a46163-ecb8-6e9c-3965-)

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## **Lincolnshire Partnership NHS Foundation Trust**


- Specialist mental health services
- Therapies include CBT, DBT, EMDR
- Early intervention and ongoing support



[Young people :: Lincolnshire Young Minds](#)

## **Local Council & Community Resources**

- Kooth (online support)
- Lumi Nova
- Here4You advice line

 **Here4You 24/7:** 0800 234 6342



[www.lincolnshire.gov.uk/wellbeing-advice/emotional-wellbeing-mental-health](http://www.lincolnshire.gov.uk/wellbeing-advice/emotional-wellbeing-mental-health)

## **Our Message**

We believe in offering the right support when it's needed most, recognising that everyone's needs are different. Through early help, guidance, and a compassionate approach, we aim to provide a safe space where individuals can talk openly, develop coping strategies, and build confidence to manage challenges.

 **No concern is too small — we are here to help.**

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