Feeling sad? Feeling blue?
Not sure what to do?

TALK TO SOMEONE FAST
You can talk to your Teacher, Tutor, Senior Tutor, and Pastoral Director. Or go to Reception and someone will be able to help.

Feeling sad? Feeling blue?
Not sure what to do?

TALK TO SOMEONE FAST
You can talk to your Teacher, Tutor, Senior Tutor, and Pastoral Director. Or go to Reception and someone will be able to help.

Feeling sad? Feeling blue?
Not sure what to do?

TALK TO SOMEONE FAST
You can talk to your Teacher, Tutor, Senior Tutor, and Pastoral Director. Or go to Reception and someone will be able to help.

Feeling sad? Feeling blue?
Not sure what to do?

TALK TO SOMEONE FAST
You can talk to your Teacher, Tutor, Senior Tutor, and Pastoral Director. Or go to Reception and someone will be able to help.

Feeling sad? Feeling blue?
Not sure what to do?

TALK TO SOMEONE FAST
You can talk to your Teacher, Tutor, Senior Tutor, and Pastoral Director. Or go to Reception and someone will be able to help.

Feeling sad? Feeling blue?
Not sure what to do?

TALK TO SOMEONE FAST
You can talk to your Teacher, Tutor, Senior Tutor, and Pastoral Director. Or go to Reception and someone will be able to help.

Feeling sad? Feeling blue?
Not sure what to do?

TALK TO SOMEONE FAST
You can talk to your Teacher, Tutor, Senior Tutor, and Pastoral Director. Or go to Reception and someone will be able to help.

Feeling sad? Feeling blue?
Not sure what to do?

TALK TO SOMEONE FAST
You can talk to your Teacher, Tutor, Senior Tutor, and Pastoral Director. Or go to Reception and someone will be able to help.

Feeling sad? Feeling blue?
Not sure what to do?

TALK TO SOMEONE FAST
You can talk to your Teacher, Tutor, Senior Tutor, and Pastoral Director. Or go to Reception and someone will be able to help.

Feeling sad? Feeling blue?
Not sure what to do?

TALK TO SOMEONE FAST
You can talk to your Teacher, Tutor, Senior Tutor, and Pastoral Director. Or go to Reception and someone will be able to help.

Feeling sad? Feeling blue?
Not sure what to do?

TALK TO SOMEONE FAST
You can talk to your Teacher, Tutor, Senior Tutor, and Pastoral Director. Or go to Reception and someone will be able to help.

Feeling sad? Feeling blue?
Not sure what to do?

TALK TO SOMEONE FAST
You can talk to your Teacher, Tutor, Senior Tutor, and Pastoral Director. Or go to Reception and someone will be able to help.

Feeling sad? Feeling blue?
Not sure what to do?

TALK TO SOMEONE FAST
You can talk to your Teacher, Tutor, Senior Tutor, and Pastoral Director. Or go to Reception and someone will be able to help.

Feeling sad? Feeling blue?
Not sure what to do?

TALK TO SOMEONE FAST
You can talk to your Teacher, Tutor, Senior Tutor, and Pastoral Director. Or go to Reception and someone will be able to help.

Feeling sad? Feeling blue?
Not sure what to do?

TALK TO SOMEONE FAST
You can talk to your Teacher, Tutor, Senior Tutor, and Pastoral Director. Or go to Reception and someone will be able to help.

Feeling sad? Feeling blue?
Not sure what to do?

TALK TO SOMEONE FAST
You can talk to your Teacher, Tutor, Senior Tutor, and Pastoral Director. Or go to Reception and someone will be able to help.

Feeling sad? Feeling blue?
Not sure what to do?

TALK TO SOMEONE FAST
You can talk to your Teacher, Tutor, Senior Tutor, and Pastoral Director. Or go to Reception and someone will be able to help.

Feeling sad? Feeling blue?
Not sure what to do?

TALK TO SOMEONE FAST
You can talk to your Teacher, Tutor, Senior Tutor, and Pastoral Director. Or go to Reception and someone will be able to help.

Feeling sad? Feeling blue?
Not sure what to do?

TALK TO SOMEONE FAST
You can talk to your Teacher, Tutor, Senior Tutor, and Pastoral Director. Or go to Reception and someone will be able to help.

Feeling sad? Feeling blue?
Not sure what to do?

TALK TO SOMEONE FAST
You can talk to your Teacher, Tutor, Senior Tutor, and Pastoral Director. Or go to Reception and someone will be able to help.

Feeling sad? Feeling blue?
Not sure what to do?

TALK TO SOMEONE FAST
You can talk to your Teacher, Tutor, Senior Tutor, and Pastoral Director. Or go to Reception and someone will be able to help.

Feeling sad? Feeling blue?
Not sure what to do?

TALK TO SOMEONE FAST
You can talk to your Teacher, Tutor, Senior Tutor, and Pastoral Director. Or go to Reception and someone will be able to help.

Feeling sad? Feeling blue?
Not sure what to do?

TALK TO SOMEONE FAST
You can talk to your Teacher, Tutor, Senior Tutor, and Pastoral Director. Or go to Reception and someone will be able to help.

Feeling sad? Feeling blue?
Not sure what to do?

TALK TO SOMEONE FAST
You can talk to your Teacher, Tutor, Senior Tutor, and Pastoral Director. Or go to Reception and someone will be able to help.

Feeling sad? Feeling blue?
Not sure what to do?

TALK TO SOMEONE FAST
You can talk to your Teacher, Tutor, Senior Tutor, and Pastoral Director. Or go to Reception and someone will be able to help.

Feeling sad? Feeling blue?
Not sure what to do?

TALK TO SOMEONE FAST
You can talk to your Teacher, Tutor, Senior Tutor, and Pastoral Director. Or go to Reception and someone will be able to help.

Feeling sad? Feeling blue?
Not sure what to do?

TALK TO SOMEONE FAST
You can talk to your Teacher, Tutor, Senior Tutor, and Pastoral Director. Or go to Reception and someone will be able to help.

Feeling sad? Feeling blue?
Not sure what to do?

TALK TO SOMEONE FAST
You can talk to your Teacher, Tutor, Senior Tutor, and Pastoral Director. Or go to Reception and someone will be able to help.

Feeling sad? Feeling blue?
Not sure what to do?

TALK TO SOMEONE FAST
You can talk to your Teacher, Tutor, Senior Tutor, and Pastoral Director. Or go to Reception and someone will be able to help.

Feeling sad? Feeling blue?
Not sure what to do?

TALK TO SOMEONE FAST
You can talk to your Teacher, Tutor, Senior Tutor, and Pastoral Director. Or go to Reception and someone will be able to help.

Feeling sad? Feeling blue?
Not sure what to do?

TALK TO SOMEONE FAST
You can talk to your Teacher, Tutor, Senior Tutor, and Pastoral Director. Or go to Reception and someone will be able to help.

Feeling sad? Feeling blue?
Not sure what to do?

TALK TO SOMEONE FAST
You can talk to your Teacher, Tutor, Senior Tutor, and Pastoral Director. Or go to Reception and someone will be able to help.

Feeling sad? Feeling blue?
Not sure what to do?

TALK TO SOMEONE FAST
You can talk to your Teacher, Tutor, Senior Tutor, and Pastoral Director. Or go to Reception and someone will be able to help.

Feeling sad? Feeling blue?
Not sure what to do?

TALK TO SOMEONE FAST
You can talk to your Teacher, Tutor, Senior Tutor, and Pastoral Director. Or go to Reception and someone will be able to help.

Feeling sad? Feeling blue?
Not sure what to do?

TALK TO SOMEONE FAST
You can talk to your Teacher, Tutor, Senior Tutor, and Pastoral Director. Or go to Reception and someone will be able to help.

Feeling sad? Feeling blue?
Not sure what to do?

TALK TO SOMEONE FAST
You can talk to your Teacher, Tutor, Senior Tutor, and Pastoral Director. Or go to Reception and someone will be able to help.

Feeling sad? Feeling blue?
Not sure what to do?

TALK TO SOMEONE FAST
You can talk to your Teacher, Tutor, Senior Tutor, and Pastoral Director. Or go to Reception and someone will be able to help.

Feeling sad? Feeling blue?
Not sure what to do?

TALK TO SOMEONE FAST
You can talk to your Teacher, Tutor, Senior Tutor, and Pastoral Director. Or go to Reception and someone will be able to help.

Feeling sad? Feeling blue?
Not sure what to do?

TALK TO SOMEONE FAST
You can talk to your Teacher, Tutor, Senior Tutor, and Pastoral Director. Or go to Reception and someone will be able to help.

Feeling sad? Feeling blue?
Not sure what to do?

TALK TO SOMEONE FAST
You can talk to your Teacher, Tutor, Senior Tutor, and Pastoral Director. Or go to Reception and someone will be able to help.

Feeling sad? Feeling blue?
Not sure what to do?

TALK TO SOMEONE FAST
You can talk to your Teacher, Tutor, Senior Tutor, and Pastoral Director. Or go to Reception and someone will be able to help.

Feeling sad? Feeling blue?
Not sure what to do?

TALK TO SOMEONE FAST
You can talk to your Teacher, Tutor, Senior Tutor, and Pastoral Director. Or go to Reception and someone will be able to help.

Feeling sad? Feeling blue?
Not sure what to do?

TALK TO SOMEONE FAST
You can talk to your Teacher, Tutor, Senior Tutor, and Pastoral Director. Or go to Reception and someone will be able to help.

Feeling sad? Feeling blue?
Not sure what to do?

TALK TO SOMEONE FAST
You can talk to your Teacher, Tutor, Senior Tutor, and Pastoral Director. Or go to Reception and someone will be able to help.

Feeling sad? Feeling blue?
Not sure what to do?

TALK TO SOMEONE FAST
You can talk to your Teacher, Tutor, Senior Tutor, and Pastoral Director. Or go to Reception and someone will be able to help.

Feeling sad? Feeling blue?
Not sure what to do?

TALK TO SOMEONE FAST
You can talk to your Teacher, Tutor, Senior Tutor, and Pastoral Director. Or go to Reception and someone will be able to help.

Feeling sad? Feeling blue?
Not sure what to do?

TALK TO SOMEONE FAST
You can talk to your Teacher, Tutor, Senior Tutor, and Pastoral Director. Or go to Reception and someone will be able to help.

Feeling sad? Feeling blue?
Not sure what to do?

TALK TO SOMEONE FAST
You can talk to your Teacher, Tutor, Senior Tutor, and Pastoral Director. Or go to Reception and someone will be able to help.
Although some of the above triggers may be beyond your control, you can make a difference to your wellbeing by taking control of the things that will help you. If you’re feeling down, you should:

- Talk to someone about how you’re feeling; this could be a friend, family member or someone at the College
- Make sure you’re getting enough sleep
- Exercise to improve your mood (ideally three times a week for 30 minutes)
- Eat well
- Use relaxation strategies (see the College’s self-help Moodle pages)
- Take a break from social media

Food and the impact on your mood

The food we consume impacts on the way we feel. Eating a poor diet, high in sugar or processed food, lacks the vital vitamins that naturally enhance mood. You should try to:

- Reduce the amount of sugary refined carbohydrates you’re eating, such as white bread, white pasta and baked goods
- Limit the amount of chocolate, sweets, fizzy drinks and cereal bars you eat
- Limit the amount of alcohol and caffeine you drink
- Eat regularly – little and often is advisable
- Eat more omega 3, found in fish, flaxseed, walnuts and pumpkin seeds
- Increase your vitamin B by eating wholegrain, vegetables and lean meat/fish

Exercise and fresh air

Exercise, even just going for a walk, can help enormously. Ideally you should be exercising three times a week for at least 30 minutes. There are lots of opportunities to exercise at College through the weekly Activities and Wellbeing Programme and you can use the College Gym for free.

Getting fresh air is also key to improving mood. Research has identified a link between low mood and a lack of Vitamin D, which is produced when the skin comes in contact with sunlight, so making sure you get outside every day, can help improve your mood.

Support available at College

Your Tutor, Senior Tutor or Pastoral Director are all available to talk through any concerns you might have. Other support the College offers includes:

- The self-help pages on Moodle. Ask your Tutor if you’re not sure how to access these.
- The Activities and Wellbeing Programme. As well as doing specific wellbeing activities like yoga, many people find taking up a skill or hobby, such as music or art, can help with low mood. You can choose from over 60 activities and sign up through the Personal Information Portal (PIP).
- Mentoring. Email mentoring@reigate.ac.uk to book an appointment with the College Wellbeing Mentor or one of the College’s Student Mentors.
- Counselling through Relate. Please email relate@reigate.ac.uk to make an appointment.
- Dorking Health Care. If you’re over 18, you can access a range of services from Dorking HealthCare. See www.dhctalkingtherapies.co.uk

For more information, go to: www.reigate.ac.uk/reigate-portal/student-support-welfare/