



South Tyneside College

Part of
TyneCoastCollege

Your WELLBEING GUIDE

NEED FURTHER INFORMATION?

THE TEAM ARE ALWAYS HAPPY TO PROVIDE FURTHER GUIDANCE,
ANSWER QUERIES AND SUPPORT WITH CONCERNS.

0191 427 3500 EXT 6395 (WELLBEING) | WELLBEING@TYNECOAST.AC.UK



South Tyneside College



Part of
TyneCoastCollege

THE WELLBEING TEAM

Your wellbeing is important to us!

WE ARE HERE TO:

-  Listen and hear you
-  Help you with stress and anxiety
-  Promote positive thinking and attitudes
-  Support you in your programme
-  Signpost you to get the right help
-  Be a point of contact for you

HOW TO ACCESS OUR WELLBEING SERVICES

- SPEAK TO YOUR LECTURER FOR A REFERRAL
- VISIT THE WELLBEING DESK IN THE STUDENT SERVICES HUB
- SCAN THE QR CODE BELOW
- EMAIL WELLBEING@TYNECOAST.AC.UK



WE ARE HERE TO HELP



STUDENT COUNSELLING SERVICE



YOUR COLLEGE COUNSELLOR IS

WE OFFER A FREE ONSITE COUNSELLING SERVICE

If you are struggling with college pressures or homelife difficulties and would like to meet with the college counsellor, please feel free to use the self-referral link found on My Student Hub, ask your lecturer for help, or scan the QR code below.

This service is free for everyone aged 16+.



KAREN AMBELEZ

TEL 0191 427 3500
(EXT 3773)

