

Colchester Institute Wellbeing Guide



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Your Wellbeing



Your Wellbeing

Looking after your wellbeing is just as important as keeping on top of your studies. A healthy mind and body will help you enjoy college life and achieve your goals.

HEALTHY BODY

Sleep well

Aim for 7–9 hours of good-quality rest – it's the foundation for your energy, focus, and mood.

[*Tips to improve your sleep.*](#)

Keep Active

Exercise boosts energy and reduces stress. Walk, cycle, join a gym, or try free YouTube workouts like [Joe Wicks - My Body Coach TV](#).

Eat smart

Balance your meals across the week. A mix of fruit, veg, protein and carbs helps you stay alert and fight off illness. [NHS Eat Well guidance](#).

HEALTHY MIND

Do what you enjoy

Listen to music, draw, play games, or learn a new skill – [hobbies are great for mental health](#).

Connect with others

Meet up with friends, join a society, or volunteer. Staying connected boosts resilience and happiness. [Find a group activity near you](#).

Relax & recharge

Try meditation, breathing exercises, or mindfulness apps like [Smiling Mind](#). More tips for [relaxation](#)

Ask for help if you need it. You are not alone. Friends, family, online support, national, local and college support services, are here for you.

Top Tip: Structure is good for us, so try to establish a weekly routine which includes the key points above, it will give you momentum and keep you feeling good which means you'll be better equipped to deal with any challenges as they crop up.

Useful Links:

[NHS Live Well](#) - Advice about healthy living.

[MIND](#) - Advice and support for anyone experiencing a mental health problem

[Kooth](#) - This website provides self-help resources, including information, work sheets and mp3's.

[Links to free NHS Approved Apps for young people to help reduce anxiety, get better sleep, lower stress and boost mood.](#)



Digital Wellbeing



Digital Wellbeing at Colchester Institute

Technology is a huge part of our lives – studying, working, socialising, relaxing. But too much screen time or unsafe online habits can affect your health and wellbeing.

SCREEN TIME - FINDING BALANCE

Set boundaries

Too much scrolling can affect sleep, mood and focus. Try scheduling 'offline time' each day. [How to reduce your screen time.](#)

Switch off notifications

Constant pings = constant stress. Silence apps when you're studying, resting or before bed. [How to turn off notifications.](#)

Use tech positively

Stay in touch with friends via video calls, learn new skills online, or use apps that support your wellbeing. [Wellbeing Apps for Students.](#)

Useful Apps:



Forest app: Manage screen time and boost productivity.App



MindShift CBT: Helps manage anxiety



Breathe - For quick relaxation and mindfulness.

Useful Links:

[Ditch the Label](#) - Support for under 25's on digital well-being, cyberbullying, online relationships & mental health.

[CEOP Education](#) - Online Safety

[The Mix](#) - Free, confidential support, expert advice

[BBC Lifebabbble: Staying Safe Online](#) - Short videos and Lifebabbble advice around staying safe online.

STAYING SAFE ONLINE

Protect your information

Keep privacy settings updated. Never overshare personal info – once it's online, it's there forever. [How to change your privacy settings.](#)

Spot the fakers

Fake accounts are common on Instagram, TikTok and other platforms. [How to spot fraud](#)

Check the facts

Fake news spreads quickly – fact check before you share. [How to spot fake news.](#)

Don't accept bullying

If something online upsets you, it's not your fault. Talk to someone you trust and reach out for support. [Cyberbullying and online harassment advice.](#)



Friends, Family & Finances



Friends, Family & Finances

Life outside of college can sometimes be challenging. Whether it's relationships, family life, money worries or personal struggles, remember: you are not alone.

Managing Life at Home

Take a pause: Count to 10, breathe, and step away before reacting. Respect goes both ways: Everyone deserves respect at home and in relationships. If you don't feel safe, reach out for support. [Under 18 support](#) [Childline](#) [Over 18 Family Action](#)

Friendships & Loneliness

Friendships can change. Communication helps when things feel rocky. Feeling lonely? Talk to someone you trust or get support through [Every Mind Matters](#).

Relationships

Healthy relationships should be supportive, respectful and make you feel good. If your relationship is controlling, unsafe or makes you feel unhappy – that's not okay. Follow the links for support and advice. [Brook](#) – information and advice about healthy relationships. [Love is respect](#) Learn about healthy relationships

Bereavement & Loss

Losing someone is hard and there is no right or wrong way to deal with feelings of grief. There are lots of ways to get support for bereavement, but it's not always easy to find something that works for you. You might want to try a few different options to see what helps – go to [Mind support and self-care for bereavement](#) to find out more or [NHS Bereavement Support](#)

Financial Support

If you and your family are having money problems, there is assistance available. Make contact, you are not alone.

You can apply for help with your course related costs. Click on [Bursary Advice](#) to go to our website to find out how.

Wider support is also available. [Citizens Advice Money Helper](#) websites offer advice. You can click this link to [check any benefits and financial support you can get](#). [StepChange Debt charity](#) offers advice about emergency help. [Essex County Council](#) offer guidance about where to get support with the cost of living.

Thinking Ahead



YOUR NEXT STEPS

Planning for your future can feel overwhelming, especially if you're not sure what you want to do yet. The important thing is to take positive steps – big or small – that move you forward.

Take Positive Steps

- Focus on what you can do – break big goals into smaller, achievable ones.
- Set SMART goals (Specific, Measurable, Achievable, Relevant, Time-bound). Click here for a video explaining [how to set SMART goals](#).
- Keep it realistic – your path may change, and that's okay. Provisional planning is a positive action.

Prepare as much as you can by speaking to the right people and make the best choice with the information and options that are available.

Careers & Progression Support

Our Careers Team can also help you with exploring and deciding on your next steps. Just email careers@colchester.ac.uk to make an appointment for a 'one to one guidance' meeting. You can also go to [Careers on the college portal](#) if you are an enrolled student which has lots of information to support you in making choices for your future.

Useful Links:

[Careerpilot](#) - Free website with information and tools you to explore your future (under 19)

The [National Careers Service](#) website over 700 careers profiles providing information on the skills and qualifications required.

[Prospects](#) - detailed job information and links to advice on writing CVs and cover letters.

[How2Become](#) - one of the UK's leading careers and educational information and development websites. You can learn how to write a CV, how to complete an application form, how to pass psychometric tests and also how to perform well in a job interview.

Travel

Think about safe, cost-effective ways to travel. Go to The [Travel page](#) on our website for travel options, information about discounts and [travel bursaries](#).

Stay informed

Check your student email, the CI Connect App and the [CI website](#) regularly for updates. If you are new to Colchester Institute refer to your handbook [Learner Handbook](#) 2025/2026 Study Programmes - Colchester Institute
[Apprenticeship Handbook](#) 2025/2026 Programmes - Colchester Institute

Don't worry, help is available for you

There is support and help at College for you for any of your concerns. Reception, Your Tutors, Your Progress and Destination Tutor, Learner Safeguarding and Welfare Team, Careers Advice, The Learner Resources Centres, are all here to help you.

Contact us for Wellbeing Support at College

– Ages 16–19 or 19–25 with an EHCP: sswelfare@colchester.ac.uk

– Aged 19+ without an EHCP: cics.info@colchester.ac.uk (low-cost, paid-for option)



Emergency Help

If you or someone you know needs urgent help, there are services you can reach out to anytime.

Emergency Support

- Police – Call 999 in emergencies, 101 for non-urgent help.
- Children's Social Care – 0345 603 7627 (day), 0345 606 1212 (out of hours)
- Adult Social Care – 0345 603 7630 (day), 0345 606 1212 (out of hours)

Mental Health Support

- NHS 111 – urgent help (select mental health option)
- CAMHS – 0800 953 0222 (Mon–Fri), 0800 995 1000 (out of hours)
- Adult Mental Health Crisis Line – 0333 032 2958
- [NHS Talking Therapies – self referral](#)

Other sites and apps that provide support

- [Kooth](#), [YoungMinds](#), [Calm Harm](#), [Wysa](#), [MoodTools](#), [MindShift CBT](#), [Breathe](#)

Family & Practical Support

- [Essex Household Support Fund](#) [Essex Outreach Support](#) (Peabody)
- [Warm Homes Essex](#) [Better Housing Better Health](#) or call 0800 107 0044
- [Ministry of Parenting](#) (Colchester)
- [Next Chapter](#) – Support for those suffering domestic abuse

LGBTQ+ Support

- [MindOut](#)
- [The Outhouse](#) (Colchester)

Bereavement Support

- [Cruse Bereavement Support](#) – or call (0808 808 1677)
- [Hope Again](#)

