

MENTAL HEALTH AWARENESS WEEK

11th-15th May

ATC, DHB & TG

Join us for engaging activities, open conversations, and support resources to promote student wellbeing and resilience. With information stalls, tea and talk and more; we can do this together!

BCSU WELLBEING STALL

Mon-Fri, 10:00-14:00

ATC, DHB & TG

Your Student's Union and Personal Development team will be hosting a wellbeing stall throughout the week. Whether you just need someone to talk to, want to learn more about available support, or just fancy some refreshments, we've got you covered!

BRADFORD COLLEGE SAFEGUARDING STALL

Mon-Fri, 10:00-14:00

Foyer DHB

Bradford College Safeguarding works to protect and support students' wellbeing, offering help with mental health concerns, safety issues, and access to support services.

WELLBEING ACTIVITIES

Throughout the Week

ATC, DHB & TG

We have lots of activities available to you, with relaxation and wellbeing in mind. Join us for playstation, table tennis, something crafty, or just some time to sit back and relax.

YORKSHIRE MESMAC & LOCALA

Mon 11, 11:00-14:00

Foyer DHB

Locala delivers local sexual health services supporting physical and emotional wellbeing. Yorkshire MESMAC provides inclusive sexual health and mental health advice for LGBTQ+ communities across Yorkshire.

'SPIN & GRIN' WHEEL

Throughout the Week

ATC, DHB & TG

Spin the wheel and share something positive about yourself, big or small. Recognise your strengths and grow your confidence!

HOPE & LIGHT

Wed 13, 11:00-13:00

Foyer DHB

Hope & Light offers a welcoming, non-judgemental space for students to talk, ask questions, and explore support options in a way that feels safe, culturally aware, and respectful.