

THE RESILIENCE TEAM

We are here to help you develop your resilience skills. These skills help you cope and they support good mental health.



WHAT WE CAN OFFER YOU:

1:1's

- Support for anxiety, low mood, depression, panic, some phobias, sleep, and worry.
- 6 to 8 sessions to work on practical strategies to give you the power to help yourself.

WORKSHOPS

- Various workshops are available including Resilience, Connection, Managing Anxiety, Motivation, Emotional Regulation, Confidence, and Self-Esteem.

If you would like to find out more, book a 1:1, or a workshop, please email **ResilienceTeam@derby-college.ac.uk** and we'll be in touch to arrange a date.

FOR MORE INFORMATION VISIT OUR PAGE YOUR HEALTH AND WELLBEING ON SHAREPOINT - SCAN THE QR CODE



STUDENTEXPERIENCE