



Gallery

We hope you enjoy this selection of images which shows some of the Smile Boxes we have created for schools, colleges and universities!





500 Smile Boxes
to support
student mental
health and
wellbeing for
Freshers Week.

2022



It has been an absolute pleasure working with Donna and all the team at Smile Box. Their professionalism, enthusiasm and commitment to supporting the mental health of our students at South Lanarkshire College has been above and beyond. Donna and the team are incredibly dedicated to supporting mental health and this shone through in all our discussions.

The Smile Boxes were tailored perfectly for our students and all suggestions/recommendations were taken on board. We would highly recommend working with the Smile Box team.

Mandy Murray - Deputy Head of Student Services, South Lanarkshire College



**Supporting student
wellbeing at SLC and
welcoming our freshers!**



**South
Lanarkshire
College**
East Kilbride

**proud to be
working with in
partnership with**



Smile Boxes were also sent to staff
as a 'Thank you' for their hard work!



South
Lanarkshire
College
East Kilbride





South
Lanarkshire
College
East Kilbride



We created a 'Mental Health Survival Guide' Workbook for students

Smile Boxes lift the spirits of Lanarkshire students

The mental health of new and returning students at a Lanarkshire college are being given a boost with a free Smile Box.



By Niki Tennant
10:00, 18 SEP 2021

IN YOUR AREA



South Lanarkshire College head of student services, Rose Harkness, with the Smile Boxes (Image: Lanarkshire Live)



Student MENTAL HEALTH SURVIVAL GUIDE

Created By
DONNA FISHER

LOOK TO
YOUR
FUTURE

at South Lanarkshire College



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SLC South Lanarkshire College East Kilbride

SA South Lanarkshire Association of Students

Matches YourCollegeYourWay

Welcome!

Here at South Lanarkshire College, we pride ourselves on being a listening organisation and delivering excellence.

Our reputation as a high performing provider of further and higher education is recognised right across Scotland, however our focus isn't limited to only your academic progress. We are just as committed to the wellbeing of our students and have a great reputation for providing a level of support which helps you thrive during your time at SLC.

We are a college with a great track record of ensuring that our students grow and develop. We want you to enjoy the best possible learning experience so you can reach your full potential. We recognise that your mental health is an important factor while you study with us and we've put this guide together to ensure you have access to the support you need.

I hope you find this Survival Guide useful and wish you a happy and healthy time studying here at SLC.

Aileen
Aileen MacKachrie
Principal & CEO
South Lanarkshire College

Matches

Our Student Mental Health Survival Guide

Here are the front, back and introduction pages which can be fully branded to your setting

Mental Health Matters!



WE'RE HERE FOR YOU!

At SLC we are committed to ensuring that the mental health and wellbeing of all our students is supported throughout their time at college. As part of this commitment we have a fantastic range of support services available to students.

We offer the following:

CONFIDENCE & SELF ESTEEM

“

Our confidence fluctuates throughout our life depending on the task we're carrying out, our mindset at the time and the environment around us. It's normal to have varying levels of confidence, but when your inner self-talk is more

Time to Eliminate Negative self-talk!

SELF TALK Swaps

It's time to be your own best friend! If you find yourself being self-critical, highlighting your flaws, or constantly pointing out the ways you're 'not good enough', then STOP! You wouldn't speak to your best friend like that, so shouldn't speak to yourself in this way either.

SOCIAL MEDIA

Social Media is one of the single biggest challenges of our time. As

DRUGS and ALCOHOL



For many, alcohol goes hand in hand with the student lifestyle, but it's important you take care of yourself and we want you to keep safe while studying at SLC.

Remember that drinking too much alcohol may lower your inhibitions and give you a new found confidence which can lead to safety issues.

Here's some things to keep in mind:

Need a safe place to talk?

Did you know that you have FREE access to a safe and confidential community to get support when you are feeling low?



Together it's easy to access & available 24/7.

“

On good days I can support others. On bad days, when I need supporting, I can find information to understand how to deal with it.

POCKET MENTAL HEALTH

Let's talk about mental health!



Here at SLC we're passionate about the need for a national step change in mental health awareness and action. And while your Smile Box is packed full of treats to make you happy, during Refreshers Week, we know a positive student experience is about way more than that!

Together, we need to remove the stigma by normalising conversations about mental health and want to encourage everyone to prioritise their emotional wellbeing. Are you in?

We hear a lot about mindfulness these days and quite rightly so! Now is the time to focus on your wellbeing and prioritise self-care - it's not selfish! We encourage you to actively take time out to work on your mental health and ask your friends and family too!

THE Final WORD

MENTAL HEALTH

MENTAL HEALTH

Scan this QR code to see the SLC Pocket Guide and support available

This guide was written

Preview of Pages 4 - 12

Top 1/3 of each page. The full content of this 12 page guide can be shared



Wellbeing Word Search

Switch off and relax with this word search and see what inspiration you can find to help with your mindfulness this summer!

G	E	L	E	H	L	B	V	H	Z	A	Y	O	I
K	F	Q	K	M	N	V	L	R	T	I	S	G	H
W	B	P	H	E	N	G	H	E	T	A	L	K	O
R	I	M	I	N	D	F	U	L	N	E	S	S	C
M	E	D	I	T	A	T	E	A	J	E	U	E	K
D	A	A	V	A	Z	M	R	X	O	L	P	X	P
D	E	H	D	L	Y	O	G	A	U	S	P	E	M
T	Q	P	L	H	X	H	Q	T	R	L	O	R	H
H	Y	D	D	E	G	X	E	I	N	E	R	C	B
E	T	W	L	A	R	R	N	O	A	E	T	I	M
R	W	S	A	L	U	O	C	N	L	P	T	S	N
A	A	R	Q	T	S	E	L	F	C	A	R	E	N
P	L	F	A	H	E	Z	B	M	U	S	I	C	L
Y	K	N	K	Y	U	R	F	O	H	A	P	P	Y

Find these words

EXERCISE
HAPPY
JOURNAL
MEDITATE
MENTALHEALTH
MINDFULNESS

MUSIC
NATURE
READ
RELAXATION
SELFCARE
SLEEP

SUPPORT
TALK
THERAPY
WALK
WATER
YOGA

July 2022



A big Thank you from us.....

Hello!

At the end of a busy term, we wanted to send you a little something to say 'Thank you' and wish you a fabulous Summer!

This gift box is packed full of treats to offer you an instant pick-me-up, so you can enjoy some well deserved 'me-time'. As well as some gifts inside your Smile Box, there are also some ideas to support your emotional wellbeing. We know you all work incredibly hard to support our amazing students, so we hope you can take the time out for some self-care over the Summer break

So a heartfelt Thank You from us, for all you've done and the flexibility and resilience you've shown over the last year. Thank you for continuing to provide such a high level of support and commitment to our community here at Rigby Hall. We hope that the Summer break gives you the chance to re-charge your batteries and enjoy some time with your family and friends.

We really hope you enjoy your Smile Box and want you to know how much we appreciate you.

See you in September!

With love from Tracey and the Senior Leadership Team,

Sam, Bev, Shelley, Ben, & Becky.





AVANTI SCHOOLS TRUST

A LITTLE TREAT JUST FOR YOU!



**A LITTLE TREAT
JUST FOR YOU!**



**A LITTLE TREAT
JUST FOR YOU!**



**A LITTLE TREAT
JUST FOR YOU!**



**A LITTLE TREAT
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**A LITTLE TREAT
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WELCOME!



WELCOME!



WELCOME!



WELCOME!



WELCOME!



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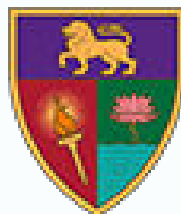
WELCOME!

WELCOME!

WELCOME!

WELCOME!

WELCOME!



AVANTI SCHOOLS
TRUST

A WELCOME GIFT FROM.....
 AVANTI SCHOOLS TRUST

A WELCOME GIFT FROM.....

 AVANTI SCHOOLS TRUST

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A WELCOME GIFT FROM.....



AVANTI



**EACH BOX
BEAUTIFULLY PACKAGED**