

	9.00am	10.00am	11.00am	12.00pm	1.00pm	2.00pm	3.00pm	4.00pm	
<b>Monday</b>	Quiet room available (weekly)		Health & Wellbeing Advice Sessions (weekly)			Kernow Young Carers Drop In (monthly)		Quiet room available (weekly)	
		Time2Talk Counselling/Mental Health Support (weekly)							
		Time2Talk Counselling/Mental Health Support (weekly)							
		Sexual Health Drop In (monthly)							
	NSSW Drop In (Careers & Higher Education Support) (weekly)								
<b>Tuesday</b>	Work Experience Placement Drop In			One to One Careers, Education, Information, Advice and Guidance (weekly)					
	Quiet room available (weekly)		Health & Wellbeing Advice Sessions (weekly)	Time2Talk Counselling/Mental Health Support (weekly)					
		Time2Talk Counselling/Mental Health Support (weekly)						Quiet room available (weekly)	
				Garrow Student Services Drop In (weekly)					
	Therapy dog Macy on site (weekly)								
<b>Wednesday</b>	Quiet room available (weekly)	Time2Talk Counselling/Mental Health Support (weekly)				One to One Careers, Education, Information, Advice & Guidance (weekly)			
			Young People Cornwall Drop In (weekly)					Quiet room available (weekly)	
		Early Help Hub Drop In (monthly)							
		Time2Talk Counselling/Mental Health Support (weekly)			Money Management Drop In (monthly)				
<b>Thursday</b>	Quiet room available (weekly)		Kilmar Student Services Drop In (weekly)	Time2Talk Counselling/Mental Health Support (weekly)					
				LGBTQ+ Appointments & Group (monthly)			Quiet room available (weekly)		
	NSSW drop in (Careers & Higher Education Support) (weekly)								
	Therapy dog Macy on site (weekly)								
<b>Friday</b>	Quiet room available (weekly)			One to One Careers, Education, Information, Advice & Guidance (weekly)				Quiet room available (weekly)	
		Time2Talk Counselling/Mental Health Support (weekly)			Time2Talk Counselling/Mental Health Support (weekly)				
		Time2Talk Counselling/Mental Health Support (weekly)							
		Young People Cornwall Drop In (weekly)							
		Health & Wellbeing Advice Sessions (weekly)		Chaplaincy/ Bereavement Support Appointments & Drop In (weekly)					



**HOW DOES IT WORK?** We are open all day everyday so you can come and see us whenever is convenient for you. If you are feeling a bit nervous about coming in you are always welcome to bring a friend for support. You can also email or call us directly using the details opposite and one of our team will be more than happy to assist you. As well as personal support, we also offer a wide range of specialist support services which are all free and confidential. You simply just have to turn up to access most of our services, however, the ones marked with an asterisks (\*) require you to pre-book an appointment with a member of our team. To find out the specific dates of our monthly and half termly 'drop in' sessions, keep an eye on the student bulletin and plasma screens around college or, alternatively, just pop in and ask someone. As well as our timetabled support sessions, we can also help you with targeted referrals to specialist support services who can often come in and see you here at college for help with things like drugs & alcohol, relationships, and more. Student welfare and wellbeing is at the forefront of everything we do here at Callywith. If there are things that you feel you may need support for that aren't advertised on this poster, please let one of our team know and we will try and work our magic to put something in place for you!