

What is Pastoral support?

Pastoral support is a provision that Pier Training make to support the physical and emotional wellbeing of our learners. It is there to help you feel safe and happy and ensure we can support you to reach your full academic potential.

The health and wellbeing of our learners is an integral part of Pier Training regardless of qualification level. Our Pastoral Peer combined with dedicated people and policies ensure that all learners in our care are supported to develop and reach their full potential.

The World Health Organisation (WHO) defines mental health health as *'a state of wellbeing in which the individual realises his or her abilities, can cope with the normal stresses of life, work productively and fruitfully, and is able to make a contribution to his or her community'*.

Did you know that 1 in 6 adults [report a common mental health disorder](#).

Your mental health influences your physical health, as well as your capability to lead a healthy lifestyle and to manage and recover from physical health conditions.



Lisa Lawson
Pastoral Peer


What can Lisa help you with?

- Offer you an impartial ear to 'listen' to what may be bothering you or what you may be going through
- Decide on the best course of action to support you – this could be signposting, referring or even as simple as talking to your Tutor or line Manager
- Share up to date and relevant information advice and guidance to support your particular problem including a quarterly newsletter
- Agree a plan of action to support your academic learning if this is being affected
- Instigate a break in learning if this is deemed as the best course of action
- Plan regular KIT (keeping in touch) calls so you always have a friendly contact you can rely on
- Confidentiality unless she feels you are at risk and then the [Safeguarding policy](#) would be initiated

Regardless how small your problem is, Lisa is willing to listen and decide how best to help. Remember *'a problem shared is a problem halved'*.

Lisa can be contacted confidentially on:

 lisa.lawson@piertraining.co.uk

 07854 315057



[Types of Mental Health Problems](#)