



# Mental Health Outreach Provision

*For the future you want*



# MENTAL HEALTH OUTREACH PROVISION

Welcome to the Edinburgh College Mental Health Outreach Provision. We offer courses to help you to move on to further learning, develop your employability skills and plan the next step in your learning.

Our classes aim to help you to:

- Develop new skills
- Brush up on existing skills
- Help build your confidence
- Make progress
- Gain qualifications
- Improve study skills

We offer two classes:

- Multi Subject Workshop
- Speak Up For Yourself

## ENTRY REQUIREMENTS

To attend these classes, you have to be referred by your keyworker, mental health care practitioner or doctor.

You must be willing to:

- study in a group environment
- focus on a learning activity
- act in a safe and appropriate manner in class
- set clear educational goals
- attend regularly

# SPOTLIGHT

## MENTAL HEALTH OUTREACH PROVISION

“” The teacher has the right balance between friendliness, efficiency and guidance.

“” I'm very happy to have been part of this class – it's helped me get on with my life and cope with my depression.

“” I've had a fantastic experience here. It has been a struggle at times, but I have grown stronger with the help of the classes.

## OUTREACH CENTRE LOCATIONS

### Ballenden House

28-30 Howden Street  
EH8 9HL

### Inchkeith House

137 Leith Walk  
EH6 8NP

## FOR FURTHER INFORMATION PLEASE CONTACT

### Mary Grundy – Curriculum Leader

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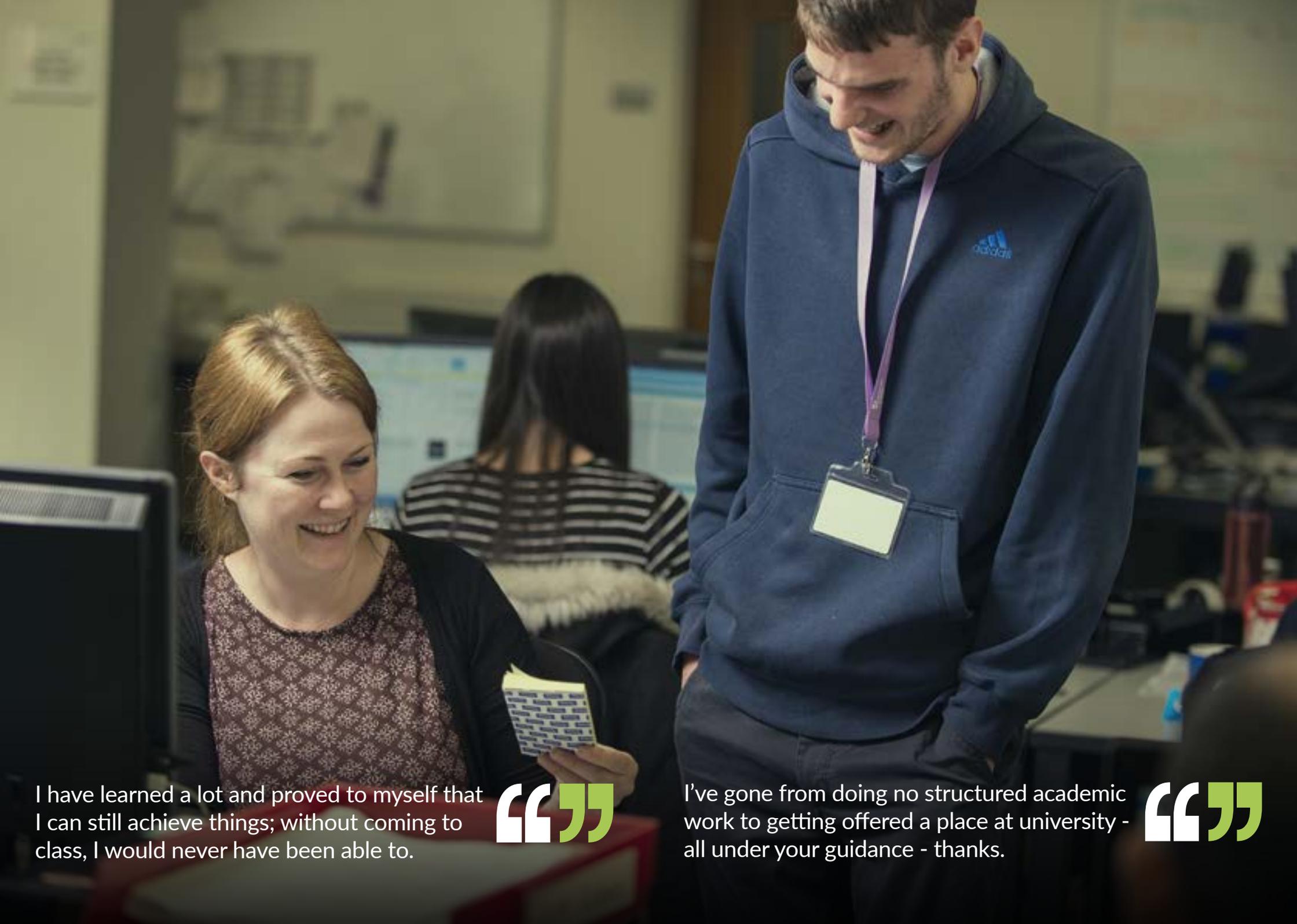
### Audrey Everiss

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I have learned a lot and proved to myself that I can still achieve things; without coming to class, I would never have been able to.



I've gone from doing no structured academic work to getting offered a place at university - all under your guidance - thanks.





### Multi Subject Workshops

These classes are designed to support your learning and take into account how mental health problems may have affected your ability to study.

This course offers you the opportunity to:

- Choose a subject from a range of Open Learning courses
- Agree a timetable to suit your own circumstances
- Learn in a small, friendly group with tutor support
- Join at any point during the year
- Start at a level that suits you
- Control the pace and the amount of time you want to spend on your studies
- Gain qualifications
- Study SQA units or areas of interest
- Undertake assessments with us in a community base rather than in college
- Learn to use a computer
- Improve study skills
- Gain IT qualifications (for example: ECDL)

During your studies you can:

- Take breaks whenever you need them
- Ask questions and discuss your studies openly
- Leave when you feel you have done enough for the day
- Ask for help at any time
- Work with others without competing with them

Multi Subject Workshop tutors will:

- Help you to prepare for assignments and learn study skills
- Liaise with the Open Learning tutor on your behalf
- Monitor your assessments in the community base
- Provide encouragement and support
- Help motivate you
- Give help with interpretation of questions
- Work on core skills if appropriate
- Go over Open Learning tutor feedback with you and provide support as necessary
- Help you to work towards independent learning
- Review your progress to help you improve

After your studies with the Outreach Provision, you will be supported to:

- Move on to college or university
- Consider community based options
- Enter employment or volunteering

### Speak Up For Yourself

The course covers 3 areas: effective communication, confidence building and assertiveness. We also give information on how to deal with stress.

You will be given the opportunity to:

- Increase self-awareness and develop positive self-image
- Improve your communication skills
- Gain confidence in relating to others by learning the necessary skills
- Practise relevant skills in a supported group setting
- Reflect on your own life experience and share this experience with others as appropriate
- Develop skills in expressing your own views and listening to those of others
- Gain skills in tackling everyday situations more assertively
- Gain information to help deal with stress

This course is designed to support your learning and take into account how mental health may have affected your ability to take part in a group.

# Mental Health Outreach Provision

For more information please visit:

[edinburghcollege.ac.uk/courses](http://edinburghcollege.ac.uk/courses)

or call 0131 669 4400



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[edinburghcollege.ac.uk/opendays](http://edinburghcollege.ac.uk/opendays)



Edinburgh College is a registered charity in Scotland.  
Charity number SCO21213

For up-to-date information on our course selection or to speak to an advisor  
please call 0131 669 4400.

Our course portfolio, mode of attendance and campus allocation may be subject to alteration.