Report + Support: What support is available if I have experienced harassment?

If you think you or someone you know has been harassed there is a variety of support options available.

Students

Counselling at College: This is a free and confidential service available to all students. The service is staffed by experienced and qualified Counsellors and abides by the British Association for Counselling and Psychotherapy Code of Ethics. Counselling offers students an opportunity to talk in a safe confidential environment about problems of any kind that students may be facing in their lives, either at college or at home.

- **Email**: counselling@birdcollege.co.uk
- **Self-Referral**: Counselling Self-Referral Form

Wellbeing Support: Our Student Wellbeing Team provide a safe, confidential and non-judgmental space to discuss any issues that may affecting your ability to study.

- **Email**: wellbeing@birdcollege.co.uk
- **Telephone**: 020 3846 0322 (extension: 211)

Report+Support: Students can disclose how they have been affected by harassment using the college's Report and Support system. You can choose to do this anonymously or you can request support from an advisor. If you choose to talk to an advisor, they will be able to talk through the reporting options and support available to you.

- **Email**: Reportandsupport@birdcollege.co.uk
- **In person or by letter** to the Learning and Wellbeing Officer or Dean of Students.
- **Report Anonymously**: Report + Support Form

Staff

Counselling: The College offers an Employee Assistance (EAP) to provide access to 24/7 telephone counselling and face-to-face counselling for all members of staff.

Citizens Advice provide information around bullying and harassment at work.

ACAS helpline is for anyone who needs employment law or workplace advice, including employers, employees, and workers.