Mental Health and Wellbeing Policy

July 2026

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Purpose

PerpetuityARC Training is committed to supporting the wellbeing of all students studying on the online MSc International Security and Risk Management programme. While we are not a mental health service provider, we recognise that study, work, and personal circumstances can impact mental wellbeing and aim to signpost students to appropriate support when required.

Student Support

Students experiencing stress, anxiety, low mood, or other wellbeing concerns are encouraged to:

- Speak with their tutor or programme team if their studies are being affected.
- Contact their GP or local healthcare provider for professional advice and support.
- Seek assistance from recognised crisis and support services where appropriate.

UK Mental Health Crisis and Support Services

The following services are available to students residing in the UK:

- NHS 111: Call 111 and select the mental health option for urgent support.
- Emergency Services: Call 999 if there is an immediate risk to life or safety.
- Samaritans: 116 123 (free, 24 hours a day) or visit www.samaritans.org.
- Shout: Text SHOUT to 85258 for free, confidential crisis text support.
- Mind: Information and support available at www.mind.org.uk.

Confidentiality

Any wellbeing concerns shared with PerpetuityARC Training will be treated sensitively and, where possible, confidentially. However, information may be shared with appropriate services if there is a concern about the safety of the student or others.

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