

UWE Wellbeing Service

Accessing Support

Outside the University



University can be a really challenging period, and a significant proportion of students find that throughout their time at University they need to access support for their mental health and emotional wellbeing in addition to what is available through the Wellbeing Service. This leaflet provides you with some of the options locally.

Local Organisations & the Voluntary Sector

It can sometimes be helpful to get in touch with local organisations in the area. Below are some that may be able to provide support and advice or social contact.

Well Aware runs a database of many organisations locally which includes charities, statutory organisations, and private businesses. The database covers a wide area of services such as advocacy, counselling, group meet ups, support with bereavement or sexual abuse, drug & alcohol services etc

An effective way of searching is to type counselling in the main search box and then use the refine your search drop down menu on the right to narrow down your choices by specific topics.



Well Aware <http://www.wellaware.org.uk/>

A signposting and information service for health and wellbeing organisations and events. This may be a good starting point for finding local services.



Student Minds <http://www.studentminds.org.uk/starting-university.html>

Student minds also have a lot of information and resources to help support students who may be looking for advice on mental health and wellbeing.



Off The Record (Bristol) <http://www.otrbristol.org.uk/>

Provide free and confidential mental health support, including counselling and information to young people aged between 11-25 in Bristol.

At University

There is a GP on campus that all students can register with who can help with referral to the statutory mental health services on the next page. The information for which can be found here:

<http://www1.uwe.ac.uk/students/healthandwellbeing/universityhealthcentre>

The students union can also offer advice and support:

<http://www.thestudentsunion.co.uk>



University of the
West of England

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Primary Care Mental Health Support

Primary care mental health services can offer support with self-help materials, group workshops and one to one therapy. To access them it will depend on where you are registered with your GP and there are a number of services locally. You can usually self-refer to services.



Bristol Wellbeing Therapies
<https://iapt-bristol.awp.nhs.uk/>



South Gloucestershire Talking Therapies
<https://iapt-sglos.awp.nhs.uk/>



Positive Steps
<http://positivestep.org.uk/> (For students in North Somerset)



B&NES Talking Therapies
<https://iapt-banes.awp.nhs.uk/> (Bath and North East Somerset)

Local Statutory Mental Health Services

Offer a range of support for various needs. You will need to speak with your GP about getting an appropriate referral in place.



Bristol Mental Health (For students living within the boundaries of Bristol)
<http://www.bristolmentalhealth.org/>



The Avon and Wiltshire Mental Health Partnership (For students who live in the areas surrounding Bristol) <http://www.awp.nhs.uk/>