

MENTAL HEALTH SERVICES IN BRISTOL

At Western Tutorial College we treat all of our students as adults, and give them a certain amount of responsibility for their study programmes. Whenever students need help with their studies, support is there, but what about the area of mental health and wellbeing? We are a small college so do not have counselling services in house, however we do believe it is very important that students can easily access services to help with all aspects of mental health, so we have compiled a list with web-links of organisations and people who can help. All students are welcome to discuss such matters with college staff, who will of course treat these discussions in confidence, but we would always recommend seeking professional help, especially when a student's academic and personal life are being impacted.

BRISTOL MENTAL HEALTH (all aspects of mental health, including short and long term recovery strategies; also provides a sanctuary for those in severe emotional distress)

<http://www.bristolmentalhealth.org/services/>

OFF THE RECORD (specifically for those aged 11 - 25, covering all aspects of mental wellbeing and acting as a gateway to more specialised help if necessary)

<https://www.otrbristol.org.uk/>

ASSESSMENT AND RECOVERY SERVICE (for those requiring specialist support, this service is part of the NHS and normally - but not always - be accessed after referral by a GP)

<http://www.bristolmentalhealth.org/services/assessment-recovery-service/>

BRISTOL MIND (provides a range of mental health services and information, including low cost counselling and a helpline)

<https://bristolmind.org.uk/>

If students need any help finding the service that is most appropriate to them, or want documentary evidence to indicate a negative impact on learning, then they are welcome to ask their tutor, the college administrator or the head of centre. Alternatively, contact us at:

enquiries@westerntutorialcollege.co.uk

Tel: 0117 929 7747

