Your wellbeing is a priority for us, and we all want you to have a fulfilling and rewarding experience during your time at the University of Bristol.

Moving to a new city and a new university – and moving from being an undergraduate to being a graduate student – can be exciting but can also be a period of significant change. A new system can be difficult to navigate! If you have any concerns about your physical or mental wellbeing, there are a number of routes for seeking help.

Within the School, you are always welcome to contact me, as Senior Tutor for Graduate Students (K.Hendry@bristol.ac.uk), about any wellbeing concerns. I can help guide you through applying for coursework extensions, or letting the School and University know about any extenuating circumstances that could be impacting your academic work. I can also signpost you towards other support services within the University.

- The University Wellbeing Service (https://www.bristol.ac.uk/students/support/wellbeing/services/) is available for all UoB students. There are links to emergency contacts, as well as the different ways that you can get in touch with the Wellbeing Service, through the online form, phone, or email, who will be able to guide you to the best source of help. Wellbeing advisors are also available to talk to within the School during termtime (set hours only).

- The Wellbeing pages also have a wealth of self-help advice on a number of topics.

- Disability Services (http://www.bristol.ac.uk/disability-services/) provide confidential information, advice and guidance to graduate students. You can also contact the School Disability Co-ordinator, Mary Benton (mary.benton@bristol.ac.uk).

I hope that you enjoy your time at the University of Bristol.

Good luck, and all the best,
Kate