If you are struggling with exam stress, or have concerns about your mental health and wellbeing, Student Wellbeing Advisers are offering short appointments to look at support available and strategies for managing this period.

There is no need to book. If an Adviser is busy you will be able to wait, or attend one of the existing drop-ins across academic schools.

**Student Wellbeing Service ASSL drop-ins**

8th - 24th January

12 noon – 2pm
Monday – Friday

Arts and Social Sciences
Library main foyer

bristol.ac.uk/students/wellbeing