If you need support don’t hesitate to reach out. You’re not alone. bristol.ac.uk/wellbeing
5 steps to wellbeing

Take time out
Go outdoors, eat well, get plenty of rest and sleep.

Take notice
Stay present and appreciate the things around you.

Keep active
Exercise can improve your mood, confidence and ability to think clearly.

Be kind
Even the smallest act of kindness can make you and others happier.

Connect
Feel happier and safer by spending time with friends, neighbours or colleagues.

Welcome to the Main Campus

Sometimes the demands of studying and life in general can seem a challenge so it’s important to look after your wellbeing.

Taking care of your physical, emotional and mental health can help you manage the ups and downs of University life.

This map has been created to help you make time for the activities you love and keep a good balance between studies and leisure.

Residential Life

If you’re a student living in University accommodation, you can contact your Residential Life team at any time.

Your Residential Life team can help with anything from homesickness to problems with flatmates; they also organise events and activities in residences.

You can contact Residential Life by telephone or email 24 hours a day, or by visiting your Student Support Centre in person.

Tel: 0117 428 3302
Email: reslife-east@bristol.ac.uk
Address: East Village Student Support Centre, The Hawthorns, Woodland Road, Bristol BS9 1UQ

Wellbeing Support

If you’re feeling worried or upset contact us.

We’re open to all students and offer professional help and guidance if you’re experiencing challenges. If you have any queries relating to wellbeing support, including an existing request for support, our phone line is accessible 24 hours a day, or contact us by:

Opening times: Monday to Friday, 9am to 8pm

Email: wellbeing-access@bristol.ac.uk
Tel: 0117 456 9960

Out of hours? Call the NHS 111 service.
If it’s a medical emergency, or if there’s a fire or crime taking place, call 999.