Mental Health Support

University of Bristol Employee Assisted Programme – CARE FIRST

The Employee Assistance Programme (EAP) for all University of Bristol employees. This is in addition to the in-house staff counselling service. The programme is run by Care First and offers, among other things, a helpline with confidential, 24-hour personal assistance from experienced counsellors. Tel: 0800 015 5630 or further information is available on the University of Bristol staff Human Resources Wellbeing Intranet site.

University of Bristol Staff Counselling Service

This service is available to all employees of the University. Website: bristol.ac.uk/staffcounselling

Student Wellbeing Service

Sources of support for students, however some of the information available on this website is also applicable to employees. Website: bristol.ac.uk/students/wellbeing/services/student-wellbeing-service

Bristol Mental Health

NHS mental health services in Bristol. Website: bristolmentalhealth.org

MIND

The mental health organisation which provides information, support and advice for any individual experiencing a mental health problem. Website: mind.org.uk

SANE

SANE is a leading UK mental health organisation providing support and advice to any individual experiencing a mental health problem. Website: sane.org.uk Tel: 0300 3047000 Saneline is currently open between 4.30pm and 10.30pm daily.

Samaritans

24 hours a day, 365 days a year service for anyone experiencing a mental health problem. Website: samaritans.org Tel: 116 123

Priory Hospital Bristol

The Priory Hospital Bristol offers treatment for a wide range of mental health conditions. Website: priorygroup.com/locations/priory-hospitalbristol

The Green House

Green house provides free counselling for any individual who has experienced sexual abuse at any point in their lives. Website: the-green-house.org.uk Tel: 0117 935 1707 Email: info@the-green-house.org.uk

STEPS Eating Disorder Services - Bristol

Confidential service for individuals experiencing an eating disorder. Website: awp.nhs.uk/services/specialist/steps Tel: 0117 4146645 Email: awp.STEPS@nhs.net

Bristol Sanctuary

For individuals experiencing emotional distress Website: bristolmentalhealth.org/services/bristolsanctuary Tel: 0117 9542952

Bristol Wellbeing Therapies

To access help and support you can also self-refer to Bristol Wellbeing Therapies. Website: iapt-bristol.awp.nhs.uk