



Bristol Contacts, Services Wellbeing Toolkit+

Please note: This is a work-in-progress document. We hope to be able to make it more accessible and interactive in the next academic year.

This document aims to provide you with every link, contact details, & resources that may be useful to any aspect of your time as a Neurodivergent Student at the University of Bristol.

Please be aware the quality of support you may receive from the services listed in this document can vary.

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Emergency Contacts:

Life-Threatening
Emergency:
Call 999
If on campus, (after calling 999) call Security Services:
Phone Number: 0117 331 1223

Urgent Mental Health
Emergency:
Call Avon & Wiltshire Mental
Health Partnership NHS
Trust (24/7):
Phone Number:
0800 953 1919

For Emotional Distress Support:

Call the Samaritans (24/7):
Phone Number: 116 123
Or drop in to the Samaritans
Bristol branch (24/7):
37 St. Nicholas Street
BS1 1TP

Samaritans Bristol Branch Phone Number: Phone Number: 03300945717

You can also call Phone Number: 111 & select option 2 for mental health support.

An alternative to the Samaritans is The Sanctuary:

The Sanctuary offers same day appointments face-to-face or on the phone:

Phone Number: 07709 295 661
To book an appointment, call on Thursday, Friday, Saturday, Sunday or Monday, between 3pm & 11pm. Appointments are given between 6pm & 12.30am.
Location for The Sanctuary face-to-face appointments:

Gloucester House

Dorian Way

Southmead Hospital

BS10 5NB

Support for Sexual Assault:

The Bridge (24/7):

Phone Number: 0117 342 6999

Email: The Bridge @ UHBW.nhs.uk

The Bridge 2nd Floor Central Health Clinic Tower Hill BS2 OJD

Somerset & Avon Rape & Sexual Abuse Support (SARAS):

https://www.sarsas.org.uk/

SARAS for People with Learning
Disabilities & Autism
https://www.sarsas.org.uk/projects/learning-disabilities-and-autism/

Specific Support for Domestic Abuse:

https://www.nhs.uk/live-well/gettinghelp-for-domestic-violence/ UOB Sexual Violence
Support, Advice & Reporting:
https://www.bristol.ac.uk/studen
ts/support/wellbeing/reportunacceptablebehaviour/sexual-misconduct/

Guidance on Sexual Consent:

https://www.bristol.ac.uk/studen
ts/support/wellbeing/reportunacceptablebehaviour/sexualmisconduct/sexual-consent/

Bristol Sexual Health
Support
Unity:

https://www.unitysexualhealth.c o.uk/

Neurodiversity & Disability Support at UoB

Disability Services: Phone Number: <u>0117 331 0444</u>

Email: <u>disability-</u> <u>services@bristol.ac.uk</u>

https://www.bristol.ac.uk/studen ts/support/wellbeing/disabilitysupport/

Info About Study Support & Reasonable Adjustments:

https://www.bristol.ac.uk/studen ts/support/wellbeing/disabilitysupport/study-support/

Request a Study Support Plan:

https://www.bristol.ac.uk/students/su pport/wellbeing/disabilitysupport/tell-us/

Getting a Diagnosis:

https://www.bristol.ac.uk/students/support/wellbeing/disability-support/diagnosis/

Disability Funding:

Disabled Students Allowances (DSAs): https://www.bristol.ac.uk/students/support/wellbeing/disability-support/funding/dsas/

Disability Resource Fund for EU/International Students:

https://www.bristol.ac.uk/students/support/wellbeing/disability-support/funding/international/

Funding for SpLD & ADHD assessments:

https://www.bristol.ac.uk/students/support/wellbeing/disability-support/funding/assessments/

Disability Services Workshops (Am I Dyslexic, Do I have AD(H)D, Applying for DSA):

https://www.bristol.ac.uk/students/su pport/wellbeing/disabilitysupport/workshops/

Find Your Teaching School Disability Coordinator:

https://www.bristol.ac.uk/students/support/wellbeing/disability-support/study-support/school-disability-coordinator/

Disabled & Neurodivergent Student Careers Support Request Form:

https://forms.office.com/pages/respo nsepage.aspx? id=MH_ksn3NTkql2rGM8aQVG9xf0D78 LJlFqSBNkiVNw1VUNVpRMTlSRU9EQ0F WMEINUJIZTFhJNkYyViQlQCN0PWcu&r oute=shorturl

Disabled & Neurodivergent Student Careers Support Meetings:

Online:

https://mycareer.bristol.ac.uk/leap/a ppointments.html?types=158 In-Person

https://mycareer.bristol.ac.uk/leap/appointments.html?types=156

Neurodiversity & Digital Accessibility:

https://www.bristol.ac.uk/digitaleducation/inclusion/neurodiversity/

Assistive Technologies & Software:

https://www.bristol.ac.uk/library/acce ssibility-support/technology-forlearning/

Bristol SU Sensory Room:

https://www.bristolsu.org.uk/venuesand-shops/sensory-room

Accommodation Needs:

https://www.bristol.ac.uk/accommoda tion/apply/your-accommodationneeds/

Rent Reduction if You Require an Ensuite or Studio due to a Disability (Including Neurodiversity & Mental Health Conditions):

https://www.bristol.ac.uk/accommoda tion/apply/your-accommodationneeds/rent-reduction/

Neurodiversity Study Participant Opportunities:

https://docs.google.com/spreadsheets/d/1cUKf00qBk6t0dDvru5Ld6wwHM06z MXK3h5ufBZQMokA/edit? gid=1048296875#gid=1048296875 Library Support: Phone Number: <u>0117 928 8502</u>

Email: <u>library-support@bristol.ac.uk</u>

https://www.bristol.ac.uk/library/accessibility-support/library-support/

Book Library Support Study
Spaces (You must be registered
with Library Support):
https://librarybookings.bristol.a
c.uk/reserve/library-supportstudy-room-bookings

Book a Standard Study Space: https://librarybookings.bristol.a
c.uk/allspaces

<u>University of Bristol</u> <u>Support:</u>

Wellbeing:

Student Wellbeing Service: Phone Number: <u>0117 456 9860</u>

Email: wellbeing-access@bristol.ac.uk

https://uob-crmprod.powerappsportals.com/re quest-wellbeing-support/

http://www.bristol.ac.uk/student s/support/wellbeing/requestsupport/

https://www.bristol.ac.uk/studen ts/support/wellbeing/self-help/

Here are some pictures of Reggie for some free dopamine dopamine





Student Health Service (SHS): Phone Number: 0117 330 2720

Email: bnssg.shsadmin@nhs.net

https://www.bristol.ac.uk/studentshealth/register/

SHS Online Enquiry Form: https://accurx.nhs.uk/patientinitiated/181133

Book an Appointment: https://www.bristol.ac.uk/students-
health/appointments/

Opening Hours & Accessibility: https://www.bristol.ac.uk/students-health/opening-hours-and-getting-here/

Specific Services: https://www.bristol.ac.uk/studentshealth/services/ Sport, Exercise & Health:

https://www.bristol.ac.uk/sport/

Sports Clubs & Societies: https://www.bristol.ac.uk/sport/clubs/

Sport Facilities: https://www.bristol.ac.uk/sport/facilities/

Free Sport Activities (B:Active)
https://www.bristol.ac.uk/sport/bactive/
e/

Sport Leadership & Volunteering: https://www.bristol.ac.uk/sport/partic- ipate/game-changers/

Sport for Wellbeing (Healthy Minds): https://www.bristol.ac.uk/sport/health-
-wellbeing/healthy-minds/

Accommodation:

Student Accommodation Office: Phone Number: <u>0117 374 6637</u>

Email: <u>student-</u> <u>accommodation@bristol.ac.uk</u>

Student Resolution Services (For Issues with Your Flatmates): Email: srs-casework@bristol.ac.uk

Resi-Conduct (You can also try this for Issues with Flatmates):
Email: Resilife-conduct@bristol.ac.uk

Residential-Facilities: Email: residences-facilities@bristol.ac.uk

Residential Life North Village: Phone Number: <u>0117 428 3300</u>

Email: resilife-north@bristol.ac.uk

Student Support Centre
North Residential Village
Hiatt Baker Hall, Parry's Lane
BS9 1AD (7am-7pm)

Residential Life East Village: Phone Number: 0117 428 3302

Email: resilife-east@bristol.ac.uk

Student Support Centre
Clifton Hill House
Lower Clifton Hill
BS8 1BX (9am-4pm)

Residential Life West Village: Phone Number: 0117 428 3301

Email: resilifewest@bristol.ac.uk

Student Support Centre
Clifton Hill House
Lower Clifton Hill
BS8 1BX (7am-7pm)

Which Village am I Living in?
https://www.bristol.ac.uk/student_s/life-in-bristol/accommodation/universit_y-accommodation/residence-guides/

UoB Accommodation Site:

https://www.bristol.ac.uk/student
s/life-in-bristol/accommodation/
y-accommodation/

Your Accommodation Portal: https://bristol.starrezhousing.co m/StarRezPortalX/3B88D738/8/9/Login-Login

Building Services & Facilities:
https://www.bristol.ac.uk/student
s/life-inbristol/accommodation/universit
y-accommodation/buildingservices-and-facilities/

Rent, Contracts & Rules:
https://www.bristol.ac.uk/student
s/life-inbristol/accommodation/universit
y-accommodation/rentcontracts-regulations/

Alternative UoB Accommodation
Options & Returner
Accommodation:
https://www.bristol.ac.uk/student
s/life-inbristol/accommodation/apply-tostay-in-universityaccommodation/

Private Accommodation: https://www.bristol.ac.uk/accommodation/privately-rented/

Council Tax Exemption:

https://www.bristol.ac.uk/students/

/life-in
bristol/accommodation/council
tax/

Renting Rights, Responsibilities & Safety:

https://www.bristol.ac.uk/medialibrary/sites/accommodation/doc uments/love-where-you-live.pdf

Waste & Recycling:
https://bristolwastecompany.co.u/
k/household/students-and-new-residents/

The Student Accommodation Code:

https://www.thesac.org.uk/the-code

Travel:

Student Travel Options: https://www.bristol.ac.uk/transp ortplan/student-travel/

16-25/Student Rail Card: https://www.16-25railcard.co.uk/

Bristol UniBus:
https://www.firstbus.co.uk/brist
ol-bath-and-west/routes-and-maps/bristol-universities/university-bristol

20% First Bus Student Discount: https://www.firstbus.co.uk/brist-ol-bath-and-west/tickets/ticket-types/young-person-16-21-students

Assessments & Academics:

Coursework Extensions:
https://www.bristol.ac.uk/student
s/support/academicadvice/assessmentsupport/request-a-courseworkextension/

Exceptional Circumstances:
https://www.bristol.ac.uk/student
s/support/academicadvice/assessmentsupport/exceptionalcircumstances/

Absence from Assessments:

https://www.bristol.ac.uk/student
s/support/academicadvice/assessment-support/

Assessment Marks & Unit Results: https://www.bristol.ac.uk/student
s/support/academic-advice/outcomes/

Make an Academic Appeal: https://www.bristol.ac.uk/studen ts/support/academic-advice/academic-appeal/

Maintaining Academic Integrity: https://www.bristol.ac.uk/studen
ts/support/academic-integrity/

Transfer, Withdraw or Suspend Your Studies: https://www.bristol.ac.uk/studen ts/support/academic-advice/

Your Student Record: https://www.bristol.ac.uk/studen ts/support/your-record/

All Students Must Re-Register at UoB Each Year:
https://www.bristol.ac.uk/studen
ts/support/academicadvice/returning/

Study Skills: https://www.bristol.ac.uk/stu dents/your-studies/studysupport/study-skills/

Request a Peer Mentor:
https://www.bristol.ac.uk/stu
dents/support/peermentoring/

Non-Emergency Campus Security: Phone Number: 0117 928 7848

http://www.bristol.ac.uk/sec urityservices/

Royal Fort Lodge Tyndall Avenue BS8 1UH

IT Services:

IT Support Self Service Site: https://uob.sharepoint.com/sites/itservices/SitePages/contacts.aspx

University Account & Email: https://www.bristol.ac.uk/students/support/it/your-university-account/

Connect to University Wifi: https://www.wireless.bris.ac.uk/eduro am/instructions/

University Printing
https://www.bristol.ac.uk/students/your-studies/libraries-study-ur-studies/libraries-study-spaces/printing/

Software & Online Resources:
https://www.bristol.ac.uk/students/support/it/software-and-online-resources/

Online Security: https://www.bristol.ac.uk/students/support/it/keeping-safe-online/

Student Services:

Phone Number: <u>0117 428 3000</u>

Email: student-services@bristol.ac.uk

U-Card Services:

Phone Number: <u>0117 33 11190</u>

Email: <u>card-</u> services@bristol.ac.uk

Clifton Campus Car Parking:

Phone Number: 0117 33 11190

Email: <u>uob-car-</u> <u>parking@bristol.ac.uk</u>

Lost Property:

https://www.bristol.ac.uk/securit yservices/lost-property/

Campus Facilities:

https://www.bristol.ac.uk/studen ts/life-in-bristol/campus/

Campus Map:

https://www.bristol.ac.uk/maps/ university-campus-map/

Central Teaching Spaces
Directory
(A list of most lecture
theatres & seminar rooms
with photos, directions &
accessibility details):

https://www.bristol.ac.uk/direct ory/learning-facilities/centralteaching-spaces/

Schools & Faculties: https://www.bristol.ac.uk/faculties/

Multifaith Chaplaincy: Phone Number: 0117 428 3115

Email: <u>multifaith-</u> <u>chaplaincy@bristol.ac.uk</u>

1 Woodland Road BS8 1TB

https://www.bristol.ac.uk/multifai th-chaplaincy/events/

Pastoral & Spiritual Support: https://www.bristol.ac.uk/multifaith-chaplaincy/meet-the-team/

Daily Lunchtime Socials: https://www.bristol.ac.uk/multifai-th-chaplaincy/events/lunchtime-socials/

One Off Events:
https://www.bristol.ac.uk/multifai-th-chaplaincy/events/upcoming-one-off-events/

Finances:

Fees & Funding: Email: <u>student-funding@bristol.ac.uk</u>

Payments & Refunds: Email: <u>student-fees@bris.ac.uk</u>

Late or Missed Payments: Email: <u>finance-</u> creditcontrol@bristol.ac.uk

University Hardship Fund: https://www.bristol.ac.uk/studen
ts/support/finances/emergency
-funds/

Email: <u>hardship-</u> <u>fund@bristol.ac.uk</u>

Your UoB Fees & Bursaries: https://bristol.ac.uk/student-financial-statement

Postgraduate Funding: Email: pg-funding@bristol.ac.uk

Medicine, Dentistry & Vet
Funding:
https://www.bristol.ac.uk/studen
ts/support/finances/med-dent-yet/

Money Advice: https://www.bristol.ac.uk/studen ts/support/finances/advice/

Email: money-advice@bristol.ac.uk

Financial Implications of Suspending or Withdrawing your Studies:

https://www.bristol.ac.uk/students/support/finances/advice/suspending/

UK Student Bank Accounts: https://www.bristol.ac.uk/studen
ts/support/finances/advice/ban
k-accounts/

International Student Bank
Accounts:
https://www.bristol.ac.uk/studen
ts/new/newinternational/after/open-abank-account/

Payment Scams Targetting
International Students:
https://bristol.ac.uk/students/support/finances/pay-your-fees/fraud/

Religious Student Finance
Support:
https://www.bristol.ac.uk/studen
ts/support/finances/advice/shar
ia-law/

Student Loans:
Foundation Year:
https://bristol.ac.uk/students
/support/finances/studentloans/undergraduate/found
ation/

Undergraduate:
https://www.bristol.ac.uk/stu-dents/support/finances/stu-dent-loans/undergraduate/

Year In Industry:
https://www.bristol.ac.uk/stu
dents/support/finances/stu
dent-loans/year-inindustry/

Year Abroad:
https://www.bristol.ac.uk/centr
e-for-studyabroad/outbound/feesfunding-andscholarships/fees-fundingbudgeting/

Masters:
https://www.bristol.ac.uk/stude
nts/support/finances/student-loans/masters-loan/

PhD:

https://www.bristol.ac.uk/stude nts/support/finances/studentloans/phd-loan/

Repeating a Year:
https://www.bristol.ac.uk/stude
https://www.bristol.ac.uk/stude
nts/support/finances/advice/compelling-personal-reasons/

Careers & Opportunities:

Careers Service: https://mycareer.bristol.ac.uk/u
nauth

Volunteering Opportunities: https://www.bristol.ac.uk/studen ts/life-in-bristol/opportunities/

Bristol PLUS Award:
https://www.bristol.ac.uk/career/
s/bristol-plus-award/

Track Your Skills: https://www.bristol.ac.uk/studen
ts/life-in-bristol/skills/

Further/Postgraduate Study: https://www.bristol.ac.uk/career/

Advice for Students:

Student Rules & Regulations: https://www.bristol.ac.uk/studen
ts/support/academic-advice/rules-and-regulations/

Info for International Students: https://www.bristol.ac.uk/students/

Student Visas:
https://www.bristol.ac.uk/direct
ory/visas/

Info for Mature & Part-time
Students:
https://www.bristol.ac.uk/students/
ts/life-in-bristol/mature/

Legal Protesting:
https://www.bristol.ac.uk/
students/life-in-
bristol/protesting/

Report Unacceptable Behaviour:

https://www.bristol.ac.uk/stu dents/support/wellbeing/re port-unacceptablebehaviour/

Make a Complaint about any part of your UoB Experience:

https://www.bristol.ac.uk/stu dents/support/complaints/

External Support:

Off The Record:

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

Avon & Wiltshire Mental Health Partnership:

https://www.awp.nhs.uk/

Bristol Autistic Spectrum Services (BASS):

https://www.awp.nhs.uk/ourservices/specialistservices/bristol-autismspectrum-service/bristolautism-spectrum-service

Bristol Wellbeing College:

https://www.secondstep.co.uk/wellbeingcolleges/bristol-wellbeingcollege/

The Human Nature Project:

https://www.wearelightbox.co.uk/hum annatureproject

Bristol Mind Resources:

https://bristolmind.org.uk/mentalhealth-resources/

North Somserset People First (Disability Empowerment):

https://nspf.co.uk/

Safe Space Peer Support:

https://changesbristol.org.uk/support/safespaces/

Further Mental Health Organisations:

https://www.bristol.gov.uk/grtbristol/health/mental-health

Find Your Nearest Mental Health Services:

https://www.nhs.uk/servicesearch/other-health-services Alcohol & Drug Support:
Bristol Drugs Project (BDP):
https://www.bdp.org.uk/getsupport/specificsupport/students/

BDP - The Drop (Club & Party Drugs):
https://www.bdp.org.uk/thedrop/

BDP - Alcohol Support:
https://www.bdp.org.uk/get-support/alcohol-support/

BDP - Drug Harm Reduction Advice: https://www.bdp.org.uk/harmreduction-advice/

Drug Combination Safety Checker: https://combo.tripsit.me/ Talk To FRANK: https://www.talktofrank.com/

Bristol Recovery Oriented Alcohol & Drugs Services (Roads):

https://www.dhionline.org.uk/get-help/adultdrug-alcoholtreatment/bristol-roads

Alcoholics Anonymous: https://www.alcoholics-anonymous.org.uk/

Narcotics Anonymous: https://ukna.org/

SMART Addiction Recovery: https://smartrecovery.org.uk/

Societies & Networks:

SU Members Code of Conduct:

https://www.bristolsu.org.uk/resourc es/bristol-su-member-code-ofconduct

All Societies List:

https://www.bristolsu.org.uk/studentgroups/browse-all-groups

Find a Society for You:

https://bristolstudentsunion.typeform .com/to/T5i0peC7?typeformsource=www.bristolsu.org.uk

Start a New Society:

https://www.bristolsu.org.uk/supportcentre/support-forcommittees/start-a-new-group

Activity Hardship Fund:

https://www.bristolsu.org.uk/supportcentre/support-forcommittees/group-finance/activityhardship-fund

Bristol University Neurodiversity Society (BUNS):

Email: <u>Bristolunindsoc@outlook.com</u>

https://www.bristolsu.org.uk/gro ups/bristol-universityneurodiversity-society-buns-8024

https://linktr.ee/bunsuob

Instagram.com/BUNSUOB

Buns Recommends & Tips for Uni:

https://uob-

my.sharepoint.com/:w:/g/person al/dx18216_bristol_ac_uk/Eb110NC TGIJJscEWA5fsmckBky3qhmm1 O_BBON_y0nstg

Bristol SU Disability & Accessibility Network:

https://www.bristolsu.org.uk/gro ups/bristol-su-disability-andaccessibility-network-cc58 Chronic Health Condition Society:

https://www.bristolsu.org.uk/gro ups/university-of-bristolchronic-health-conditionsociety

LGBTQ+:

https://www.bristolsu.org.uk/gro ups/lgbtq-society-9366

Trans Network:
https://www.bristolsu.org.uk/groups/bristol-su-trans-students-network-e52b

If you have any suggestions for things we could add to this document, or ways we could improve it, please send us an email at:

bristolunindsoc@outlook.com