

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 (UoB).

Moving to university – and moving from being a school or college student to being an undergraduate – can be exciting but is also be a period of significant change. The new system and new demands on your time can be difficult to navigate. If you have any concerns about your physical or mental wellbeing, there are a number of ways of seeking help.

Within the School, you will be assigned to a personal tutor who will offer you pastoral care and help you with transferable skills. You are always welcome to contact me, as Senior Tutor for Undergraduate Students (mary.benton@bristol.ac.uk), about any wellbeing concerns. I can help guide you through 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 Student Wellbeing Service](#) 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.
- The Wellbeing pages also have a wealth of self-help advice on a number of topics.
- [Disability Services](#) provide confidential information, advice and guidance to all students. We recommend that you contact them if you have or suspect you have a disability of any kind and they can advise and perhaps provide you with a study support plan. You can also contact me in my other role, School Disability Co-ordinator (mary.benton@bristol.ac.uk).

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

All best wishes,

Mary

Dr Mary Benton