



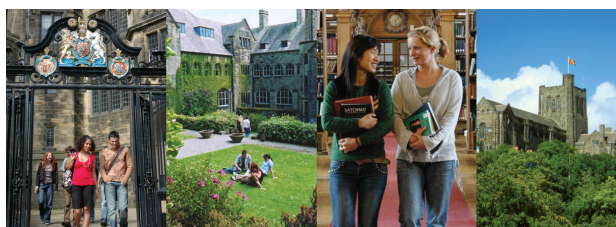
# Mental Health Adviser

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Tel: 01248 383620 /382032

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**This leaflet is available in alternative formats**



**The Mental Health Adviser:** provides a service for students recovering from mental illness, who may need support to manage the effects of stress, or medication, on their studies; and students experiencing the onset of mental health difficulties, or a mental health crisis at university.

## What we can do for you:

- Provide information about mental health issues and services.
- Assess mental health needs and help to avert or manage crisis situations.
- Help to establish learning support needs and liaise with members of staff, if necessary, to put adjustments in place.
- Advise on strategies to make studying and everyday tasks more manageable.
- Liaise with other services, such as the GP, when appropriate, if further specialist support is required.
- Support university staff to deal consistently and sensitively with mental health issues.

## Confidentiality:

Discussions are in confidence and information will only be shared on a 'need to know' basis, when appropriate, and with your permission, unless it must be shared as a 'duty of care'.

For further information see:

<http://www.bangor.ac.uk/studentsservices>

**Disabled Students' Allowances (DSA):** When applicable, students may apply to their funding provider for DSA, which can fund the provision of extra support to help them to organise and meet their study requirements, and make the academic and community life of the university more accessible.

**Personal Learning Support Plan (PLSP):** Personal Learning Support Plans are drawn up for individual students setting out arrangements and strategies that are required to assist in overcoming barriers.

## Medical Evidence:

You will be asked for documentary evidence in order that certain adjustments or arrangements can be put in place (e.g. exam arrangements). You will also be required to provide documentary evidence by your funding provider (e.g. Student Finance) if you apply for DSA.

## For an appointment:

phone 01248 383620 /382032 or email [disabilityservice@bangor.ac.uk](mailto:disabilityservice@bangor.ac.uk) We are located in Student Services, Lower Ground Floor, Neuadd Rathbone. Our offices are open between 9.00 a.m. to 5.00 p.m.