



Mental Health Adviser

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This leaflet is available in alternative formats

The Mental Health Adviser: provides a service for Bangor University students experiencing, or recovering from, a mental health condition that may make studying and university life more challenging for them.

What we can do for you:

- Provide professional advice about mental health issues and services.
- Assess mental health needs, and advise on strategies to make studying more manageable.
- Help to avert or manage potential mental health crises, and liaise with other services if further specialist support is required.
- Support university staff to deal consistently and sensitively with mental health issues.
- Help to establish learning support needs and liaise with members of staff to put in place reasonable adjustments if necessary.

How to get in touch:

1. Drop in during term time:
Wednesday 2 pm-3.30pm, Undeb Bangor, Level 4, Pontio.
2. Complete our self assessment.
3. Register with Disability Services uploading documentary evidence.

Documentary Evidence:

Appropriate documentary evidence from a registered health professional, independent

of our service, is needed for certain reasonable adjustments, such as extra time in exams. Your funding provider (e.g. Student Finance) will also require such evidence if you apply for Disabled Students' Allowances.

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.

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:

www.bangor.ac.uk/student-services/disability/confidentiality.php.en