



# Mental Health Adviser

- ▶ **About the Service**
- ▶ **Information and Advice**
- ▶ **Disabled Students Allowances (DSA)**
- ▶ **Support Workers**
- ▶ **Equipment**
- ▶ **Examination Arrangements**
- ▶ **Personal Learning Support Plan**

Tel: 01248 382032

email: [mentalhealthadviser@bangor.ac.uk](mailto:mentalhealthadviser@bangor.ac.uk)

**This leaflet is available in alternative formats**



## The Mental Health Adviser:

- Carries out assessments to establish support needs regarding study-related and other issues.
- Advises on strategies to make studying more manageable.
- Liaises with Schools and service providers to help identified needs to be met.
- Signposts students to the Student Counselling Service or G.P., and sometimes liaises with Mental Health Teams, if further specialist support is required.
- Helps manage mental health crisis situations.
- Provides information about mental health issues and services.

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.

## Information and Advice

The Mental Health Adviser can offer information and advice, help to assess students' mental health and study support needs and support university staff to deal consistently and sensitively with mental health issues.

## Barriers to Study

As part of the Disability Service we try to reduce the barriers to study and to help students with mental health difficulties to achieve their learning goals, for example, by enabling appropriate adjustments to be made regarding lectures, assessments and examinations, or access to library services.

## 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.

## Medical Evidence

If you wish to have adjusted exam provision, or to apply for Disabled Students Allowance for study support or equipment, you will need a medical evidence letter from your Doctor or specialist.

## Personal Learning Support Plan

Personal Learning Support Plans are drawn up for individual students setting out arrangements and strategies that are required.

