

Bristol's
Little Blue Booklet
2025-26



How To Use this Booklet

This booklet aims to help you navigate all of the welfare services in Bristol. They are grouped according to how you are feeling, with details of each service in the second half of the booklet. Choose the description which best fits you:

1. "I need help now" P4
2. "There is a problem" P6
3. "I think there might be a problem" P8
4. "I'm not sure. Is what I'm feeling normal?" P9



COVID-19 Statement

Since the COVID-19 pandemic, many of the services listed now offer online services via Zoom or other online platforms. Not all services have managed to transition, but most have provided a statement on their website regarding how COVID-19 has affected their service. We encourage you to continue to seek help when you need it.





Little Blue: Our Story

The Little Blue Booklet was created by Hannah Cooney and Xav Leonard in 2019 when we were 2nd years at Bristol Medical School. We found that the sheer number of options made accessing wellbeing services overwhelming, so we wanted to create a simple framework to make choosing a wellbeing service easier. We hope you find it useful.



After receiving positive feedback in Bristol, we felt that we wanted more medical students to be able to benefit from the booklet. That is why we founded the charity Little Blue in 2022, with the help of Lauren Laird, which would enable us to get the booklet nationwide. We are now working with lots of medical schools with the aim of every medical student getting a copy when they start medical school, including: Bristol, Liverpool, Kings College London, Buckingham, Imperial, Lancaster, Edinburgh, Newcastle, Swansea, East Anglia, Hull-York, Exeter and Plymouth. As of 2024 our newest trustee Alex Price joined the team after having a key role in the Bristol's Little Blue Booklet team.

We are always looking to improve, if you have any ideas of how to improve this resource or want to be involved, DM us on Instagram or email us:



@littlebluecharity

thelittlebluebooklet@gmail.com



Hannah Cooney
Co-Founder &
Little Blue Trustee
Bristol Graduate
IMT Trainee North West



Xav Leonard
Co-Founder &
Little Blue Trustee
Bristol Graduate
CTF Severn



Lauren Laird
Little Blue Trustee
Bristol Graduate
Clinical Research Physician



Alex Price
Little Blue Trustee
Bristol Graduate
FY2 West Midlands

=

1. 'I need help now'

 **For emergencies:** Go to A&E or ring 999

Crisis lines: A non-judgemental space to talk

For mental health emergencies - Bristol Mental Health Crisis Team	111	24/7
Samaritans	Call - 116 123 Email - jo@samaritans.org	24/7
Bristol Mindline Helpline - out of hours confidential listening service	0117 203 4419	Wednesday to Sunday 7pm-11pm
SANElife - National out of hours service providing support & information	Crisis Number - 0300 304 7000 Non-Crisis Number - 0300 124 7900	4pm-10pm
Papyrus - Charity for prevention of young suicides	Call - 0800 068 4141 Text - 88247 Email - pate@papyrus-uk.org	24/7
Shout - Free 24/7 text support	Text 'SHOUT' to 85258	24/7
24/7 AWP mental health helpline - A free NHS confidential 24/7 helpline for people who live in Bristol, North Somerset & South Gloucestershire	0800 953 9599	24/7
TalkCampus - 24/7 support community for student mental health globally	https://www.talkcampus.com/ Available on app stores	24/7



Don't feel safe? Go to Bristol Sanctuary

At the time of writing (August 2025):

- Bristol Sanctuary offers bookable appointments over the phone or in-person between Thursday-Monday 6pm-12.30am (closed Tuesdays and Wednesdays)
- Website: <https://www.second-step.co.uk/our-services/community-and-wellbeing/the-sanctuary-bristol/>
- Appointments can be made by:
 - Calling 07709 295 661
 - Referrals will be responded to between 3pm-6pm



What is the Sanctuary?

The Sanctuary is a physical space where anyone over 16 can access support from trained workers. You will be provided with a face-to-face appointment lasting up to 2 hours or a 30-minute phone call depending on your needs. This appointment will focus on helping keep you safe, as well as making a plan to help you move forward.

Who can get support at the Sanctuary?

Anyone over 16 who is suffering from emotional distress, a problem negatively affecting your mental health, or emotions that you feel unable to cope with.

2. 'There is a Problem'

You are having a hard time and have decided that you definitely need some help. All of these services are judgement free and have your best interests in mind. Here are some options for you.



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If you are looking for counselling that is more specialist, many of the services listed below under 'Specialist Help' offer counselling services.

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3. "I Think There might be a problem"

You have been struggling recently and are starting to think there is a problem. Your feelings or your situation are starting to affect your day-to-day life and you would like to talk to someone who will help you understand what is going on.

If you can relate to these feelings- it's okay. Lots of people feel the same way you do and even more are willing to listen and help you. Here are some support services to help you figure out what is going on:

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Don't forget you can always talk to your friends - they may be feeling similarly.



4. "I'm not sure. Is what I'm feeling normal?"

Perhaps you have been feeling more stressed than usual or you are feeling low. You aren't sure whether what you are experiencing is normal, but you are considering support options. The following services will help you understand your situation and provide reassurance where it is needed.

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Don't forget you can always talk to your friends - they may be feeling similarly.





Services by Category

Counselling

Student Counselling Service:

The Student Counselling Service offers short-term individual counselling with experienced counsellors. They also offer therapeutic groups where you can discuss your issues with peers, led by a trained counsellor. These include: bereavement group, cognitive behavioural group, Mandarin speaking group, postgrad support, trans group and women's group. They can refer students with more complex difficulties to the university's Mental Health advisory service.

If you would feel more comfortable with a counsellor from the BAME community, they have a partnership with Nilaari to enable this. There is also a therapy group for members of the BAME community, as well as other therapeutic groups such as the women's group and the bereavement group.

- Cost per session: Free
- Website: <https://www.bristol.ac.uk/students/support/health/mental-health-support/>

Meeting Minds:

A low-cost 1:1 counselling service for adults provided by Bristol Mind. They also provide LGBTQ+ specific counselling and CBT. Up to 16 counselling sessions (4 months) are offered initially, with scope for this to be extended if needed. They offer a hybrid service with both face-to-face and video sessions.

- Cost per session: £20 initial assessment fee and then £35-£45 per session depending on income. If low disposable income limited number of £5 sessions
- Website: <https://bristolmind.org.uk/services/counselling/>
- Email: counselling@bristolmind.org.uk



Avon Counselling and Psychotherapy Service:

Occasionally offer low-fee therapy for 16 weeks when funds are available and at the therapists' discretion. You will be advised on whether subsidised places are available upon contacting them.

- Cost per session: £60 full price, low-fee available at discretion of therapist
- Website: <https://www.acps-bristol.org.uk/>
- Phone: 0117 930 4447

Anxiety UK:

A charity that aims to help people with anxiety disorders, providing quick referral to accredited therapists and counsellors for support. They offer support groups, self-help information, and various forms of 1:1 counselling and therapy.

- Cost per session: £20 for students. Membership is required - annual cost £30 for students
- Website: <https://www.anxietyuk.org.uk/>
- 24/7 self-care info-line: 03444 775 774

Network Counselling:

A Bristol-based charity that offers affordable counselling in a welcoming, safe, and confidential space. Offers up to 24 weekly sessions with a counsellor. The average wait time is 3-4 months.



- Cost per session: £25
- Website: <https://www.network.org.uk/affordable-counselling/apply-for-counselling/>
- Phone: 0117 950 7271

Womankind Bristol:

A Bristol-based charity that supports women in the local area with professional counselling and psychotherapy. They offer general counselling as well as specialist rape and sexual abuse counselling. They also have a telephone and webchat helpline to listen and support you in acute distress.

- Cost per session: Cost by donation only
- Website: <https://www.womankindbristol.org.uk/1-to-1-counselling/>
- Phone: 0117 916 6461 or 0345 458 2914
- Email: helpline@womankindbristol.org.uk



Nilaari (meaning to have self-worth and value):

A Black, Asian, and Minority Ethnic-led charity delivering talking therapies to adults and young people across Bristol, amongst other services. Their main values are to treat everyone with respect and dignity, and to provide accessible, supportive services to everyone in Bristol and surrounding areas.

- Cost per session: Free
- Website: <https://www.nilaari.co.uk/>
- Phone: 0117 952 5742

- Email: nilaari@nilaari.co.uk

The Harbour:

A Bristol-based charity that offers free group, 1:1, and couples counselling (and psychotherapy) to those affected by life-threatening illness and bereavement.

- Cost per session: a donation per-session is encouraged according to what you can afford
- Website: <https://www.the-harbour.org.uk/>
- Phone: 0117 925 9348
- Email: info@the-harbour.org.uk



Relate Avon:

Offers a range of services that are open to everyone aged 16+, including relationship counselling, family counselling, and sex therapy. They are LGBTQ+ inclusive.

- Cost per session: an initial assessment costs £68, but a reduced rate for ongoing sessions can be agreed between you and your counsellor- they aim to support everyone who needs their services, regardless of their means
- Website: <https://www.relate-avon.org.uk/>
- Phone: 0117 942 8444
- Email: enquiries@relate-avon.org.uk



Marriage Care:

Provide counselling for those experiencing issues in their relationship, whether or not they're married.

- Cost per session: initial £25 non-refundable registration fee, then a donation for each session from £25 upwards
- Website: <https://www.marriagecare.org.uk/>
- Phone: 0800 389 3801

Bigmoose Charity

A mental health charity offering free therapy and support, helping to save and change lives in the UK. They aim to support through early intervention and have people in front of a therapist within a week of getting in contact

- Cost per session: free
- Website: <https://bigmoosecharity.co/can-we-help/>

Helplines

Mindline Bristol Helpline	0117 203 4419	Wednesday to Sunday 7pm-11pm "Here to listen when you need to talk."
Mind Infoline	0300 123 3393 	Monday to Friday 9am-6pm "Ask us about: mental health problems, where to get help near you, treatment options, advocacy services."
SANElne	0300 304 7000	Every day of the year 4pm-10pm
Shout Crisis Text Line	85258 https://www.giveusashout.org/	24/7 support for anyone struggling or in a state of crisis at any time, from anywhere.
Switchboard LGBTQIA+ Helpline	0300 330 0630 https://www.switchboard.lgbt/	Every day of the year 10am-10pm A wellbeing support helpline for the LGBTQIA+ community, that's been going on for decades. The volunteers are LGBTQIA+ themselves and will hear you out and provide close support.



Support Groups

Off the Record Bristol:

A local charity with a range of wellbeing projects for young people up to the age of 25, including: The Resistance Lab (workshops teaching you self-care skills), creative drop-in sessions, monthly book clubs, outdoor swimming sessions, Nature Works (drop in), yoga sessions, Freedom (LGBTQ+ group), Sister's group (for girls and women of colour), and many more.

- Cost per session: Free
- Website: <https://www.otrbristol.org.uk/>
- Email: hello@otrbristol.org.uk
- Phone: 0808 808 9210 (Mon to Fri 2pm-5pm)



Changes Bristol:

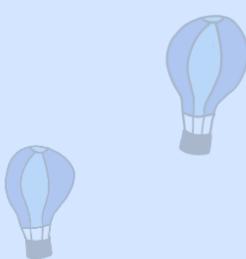
Runs support groups that provide a safe, confidential place to talk about problems and feelings and receive help and advice from others who have had similar experiences.

- Cost per session: Free
- Website: <https://www.changesbristol.org.uk/>
- Phone: 0117 941 1123 (admin centre only open on a part time basis, no hours specified)
- Email: info@changesbristol.org.uk

Avon and Wiltshire Mental Health Partnership:

Offers free courses, workshops, and 1:1 sessions and therapies for individuals suffering with anxiety, low mood, depression, or other mental health concerns. They also supply specialist services for those experiencing problems with alcohol or eating disorders.

- Cost per session: Free
- Website: <https://www.awp.nhs.uk/>
- Phone: 01225 325 680 for main switchboard
- 24/7 mental health response telephone line for if you are worried about your own or someone else's mental health: 0800 953 1919



University Services

University Wellbeing Support:

If you are finding things hard at university, whether it's with your studies, personal circumstances or anything else, you can book an appointment with an adviser to work out a way forward. You can book a 45-minute appointment with an adviser to discuss any difficulties you have. This may be the student wellbeing service, residential life team, or student counselling service, depending on what you need.

- Website: <https://www.bristol.ac.uk/students/support/wellbeing/request-support/>
- Phone: 0117 456 9860 (24/7)
- University support for sexual violence and misconduct:
<https://www.bristol.ac.uk/students/support/health/sexual-violence-support-service/>

Medical School Welfare Reps:

A group of medical students throughout all years that have volunteered to help promote mental wellbeing for all students. They are mental health first aid trained and can help refer students on to further resources and services or just be around for a friendly chat, whatever it is that you need.

- Email: med-galenicalswelfare@bristol.ac.uk
- At clinical academies, look out for the poster display detailing who the current welfare reps
- To access peer support scan the QR code



The Mental Health Advisory Service:

Work with students who have been referred with complex mental health difficulties. First use the 'Request Wellbeing Support' form (see above) and they will refer you to this if it is appropriate for you. Once you see a mental health advisor, they will work with you to create a care plan which focuses on your strengths and helps you to find the right support for you

- Website: <https://www.bristol.ac.uk/students/support/wellbeing/request-support/services/counselling/mhas/>

Disability Services:

Offers support for students with a range of disabilities including mental health problems. The disability advisors offer tailored case-by-case disability-related support and identify if there is support the service can offer, such as mentoring, study skills, deadline extensions and exam support.

- Website: <http://www.bristol.ac.uk/disability-services/>
- Phone: 0117 456 0954 (Mon to Fri 10am-4pm)



Residential Life Teams:

Support for any concerns or worries you may have, for all students living in halls. The residences all offer a drop-in service from 7am to 7pm at the addresses detailed on the webpage below:

- Website: <https://www.bristol.ac.uk/students/life-in-bristol/accommodation/university-accommodation/building-services-and-facilities/facilities-support/>
- Contact 24/7: 0117 428 3300
- Email: residences-facilities@bristol.ac.uk



The Multifaith Chaplaincy:

There to talk about any concerns or worries, faith-related or not, provide wellbeing support, and advise about local faith community services.

- Website: <http://www.bristol.ac.uk/multifaith-chaplaincy/>
- Phone: 0117 428 3115





The Student Health Service:

Provides General Practice (GP) care for all students in living within the catchment area in Bristol. They can signpost you to the best service for you or refer you to Bristol Mental Health if needed. They can offer 20-minute same-day appointments for your mental health. For a same-day appointment, you will speak to one of the duty doctors or one of the specialist mental health nurses working at the surgery.

- Website: <http://www.bristol.ac.uk/students-health/>
- Phone: 0117 330 2720
- Opening hours: Mon to Fri, 8:45am-5:30pm (19:45 Tuesday and Thursday)
- Urgent medical enquiries outside of office hours: call NHS 111 or use the NHS 111 online service: <https://111.nhs.uk/>



VitaMinds (NHS):

Provides a range of free short-term 1:1 talking therapies including CBT and counselling to people with low mood, anxiety, or other mental health problems. Individuals can self-refer online or by phone or can access their GP first who will be able to refer them. You must be registered with a GP in Bristol, North Somerset, or South Gloucestershire to access this service. Once referred, there is a relaxed telephone assessment where you will be matched to the right service for you. Both in-person and online therapy are currently offered, as well as various online self-help resources. There are several webinars of around 15 minutes each on topics such as managing stress, improving sleep, and staying active. This is a high-quality service, but waiting lists can be long, so accessing some of their self-help resources may be useful.

- Website: <https://www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health/bristol-north-somerset-and-south-gloucestershire-mental-health-services/>
- Phone: 0333 200 1893
- Opening hours: Mon to Weds: 8am-8pm / Thurs and Fri: 8am-5pm



Online Communities

Side by Side:

A safe and supportive online community provided by Mind where you can listen, share, and be heard. Whether you're worried about yourself or someone else, the community enables you to speak with and receive support from others who have had similar experiences.

- Website: <https://sidebyside.mind.org.uk/>

Togetherall [formerly Big White Wall]:

A safe and supportive online community that aims to reduce isolation, improve coping skills, and increase emotional health. Providing creative outlets, focused courses, self-improvement tools, and the opportunity to speak with others in similar situations, the service has helped many of its users to help themselves.

- Website: <https://www.togetherall.com/en-gb/>

SANE online support forum:

SANE's online forum allows you to anonymously post your concerns and receive support. There are several 'rooms' on the website dedicated to topics such as personal mental health-related peer support or concerns about a family member or friend.

- Website: <https://www.sane.org.uk/how-we-help/sane-community/support-forum/>

Specialist Help

Sexual Abuse

The Survivor Pathway:

An online resource for anyone wanting to know more about specialist sexual violence support services in the Southwest. The website lists all the available services in Bristol for both recent and non-recent cases of sexual assault.

- Website: <https://www.survivorpathway.org.uk/>



The Survivor Trust:

Provides a free helpline to provide emotional support for women, men and non-binary people who have experienced sexual abuse and signpost them to the appropriate service.

- Website: <https://www.thesurvivortrust.org/>
- Helpline (FREE): 0808 801 0818
- Email: helpline@thesurvivortrust.org

National Rape Crisis:

Will lend an ear to help anyone who has suffered from sexual assault or abuse. There is support to help people who may be at risk and self-help guides or courses for women, men, children, friends and family and in several different languages.

- Website: <https://www.rapecrisis.org.uk/>
- Helpline: 0808 500 2222 (FREE to call) or online chat - 24/7
- Somerset and Avon (SARSAS) branch: <https://www.sarsas.org.uk>
- SARSAS helpline: 0808 801 0456 (Mondays & Fridays: 11am - 2pm, Tuesdays & Thursdays: 6pm - 8pm) *A 24h answer machine is available.
- SARSAS also have a live chat option

The Bridge (The Sexual Assault Referral Centre, Bristol):

Provide 24/7 support and advice to all victim-survivors of sexual assault, including for family and friends. This includes medical care, emotional and psychological support, and practical help.

- Website: <https://www.thebridgecanhelp.org.uk/>
- Phone: 0117 342 6999 (24/7, FREE to call)
- Email: thebridge@uhbw.nhs.uk



Bristol University Sexual Violence Support Service:

Supports students who have experienced any form of sexual misconduct, no matter where or when it happened.

- Website: <https://www.bristol.ac.uk/students/support/health/sexual-violence-support-service/>

Drugs and Alcohol

The Southmead Project:

Offers free specialist drug and alcohol support. Open Mon to Fri 9am-5pm. For counselling, a referral needs to be made by a drug and alcohol service. Unfortunately, the waiting list for long-term counselling and Nexus is closed (at the time of writing, August 2025).

- Website: <https://www.southmeadproject.org.uk/>
- Phone: 0117 950 6022
- Email: admin@southmeadproject.com



The SWAN Project:

Offers free 1:1 therapy for people struggling with addiction - run by Mind and based in Montpelier. The wait time is up to 4 months depending on your availability.

- Cost per session: £16-£36 depending on your circumstances
- Website: <https://www.theswanproject.co.uk/>
- Phone: 0117 924 7154 / Text: 07787 374317
- Email: info@theswanproject.co.uk

Bristol Drugs Project

Offers a wide range of specialist drug and alcohol support, providing harm reduction and treatment services for people who are experiencing a negative relationship with drugs and/ or alcohol.



- Website: <https://www.bdp.org.uk/>
- Phone: 0117 987 6000 Mon-Fri 9am-5pm
- Email: info@bdp.org.uk

For out of hours help:

- Alcoholics Anonymous helpline: 0800 917 7650
- Narcotics Anonymous helpline: 0300 999 1212

Bereavement Support

CRUSE Bereavement Centre:

Provides personalised support to bereaved individuals. They have a range of services (with a quiz to help navigate them), including a chat and helpline.



- Website: <https://www.cruse.org.uk/>
- Bristol and District Area Number: 0117 926 4045 (Mon to Fri 9am-5pm)
- E-mail: bristol@cruse.org.uk
- Cruse Bereavement FREE Helpline: 0808 808 1677 (Mon, Weds, Thurs, Fri 9.30am-5pm, Tues 1pm-8pm)

Self-Injury Support

Calm harm:

A free app that uses principles of Dialectical Behaviour Therapy (DBT), which is designed to help you resist or manage the urges to self-harm.

- Can be downloaded from Google Play or App Store.



Carer support

Rethink Bristol Mental Illness:

A charity that supports those who care for people with mental illness. It offers a range of services from individual support and group activities to educational seminars and courses.

- Website: <https://www.rethink.org/>
- Phone: 0808 801 0525 (Mon to Fri 9.30am-4pm)

Bristol SU Carers network:

The Mature Students, Parents and Carers Network is a network of students aiming to improve the academic and wider university experience of mature students, parents and carers through: Peer communication and support, Creating a safe space, Socials and Advocacy

- Website: <https://www.bristolsu.org.uk/groups/bristol-su-mature-students-parents-carers-network-1924>

MIND:

A charity offering support and advice for caring for a loved one struggling with their mental health. Also, how to look after yourself while caring.



- Phone: 0300 102 1234 (9am-6pm, Mon to Fri, except bank holidays)
- Website: <https://www.mind.org.uk/information-support/helping-someone-else/carers-friends-family-coping-support/supporting-someone-with-a-mental-health-problem/>

Gambling



ARA:

Provides free support and 1:1 counselling for those affected by gambling addiction. If you're worried about yourself or a friend, their free online toolkit will help you to determine whether professional help is required. South Asian specific services are also available.

- Website: <https://www.recovery4all.co.uk/>
- Email: info@recovery4all.co.uk
- Phone: 0330 134 0286

Eating Disorders

BEAT:

A national charity that aims to encourage and empower people to get help quickly. They have a helpline, online chat rooms with trained advisors or other people with eating disorders, and many self-help resources to help you or offer support for caring for someone living with an eating disorder. A formal diagnosis is not required.

- Website: <https://www.beateatingdisorders.org.uk/>
- Email: help@beateatingdisorders.org.uk
- Helpline: 0808 801 0677 (Mon to Fri 3pm-8pm)



Somerset and Wessex Eating Disorder Association (SWEDA):

You can self-refer to SWEDA who are a local charity supporting people affected by disordered eating behaviors and eating disorders and should be considered the first point of contact for anyone without a diagnosed eating disorder. There is a quick self-referral form to get started.

- Website: <https://www.sweda.uk.org/>
- Mindline Helpline: 0300 330 5464 (Tues 8pm-11pm, Sun 11am-2pm)

NHS Support Services:

NHS support is best accessed through your GP who can make a referral to specialist services (STEPs). Reaching out for support can be difficult, the guide below can hopefully make taking the first steps towards recovery easier with some practical advice and tips on what to expect and how to prepare for an initial consultation.

- Website: <https://www.beateatingdisorders.org.uk/get-information-and-support/get-help-for-myself/going-to-the-doctor/>



BAME

Rethink Bristol BAME Service:

Works with Bristol Community Support to meet the mental health needs of those from black and minority ethnic backgrounds. They offer community facilities as well as 1:1 support.

- Website: <https://www.rethink.org/advice-and-information/living-with-mental-illness/information-on-wellbeing-physical-health-bame-lgbtplus-and-studying-and-mental-health/black-asian-and-minority-ethnic-mental-health/>
- Email: BristolBME@rethink.org

Nilaari:

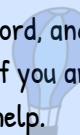
Aims to improve the accessibility of mental health services to BAME people by providing culturally appropriate and responsive social care support and talking therapies. The university has an existing relationship with the service, so some students are able to access free support.

- Website: <https://www.nilaari.co.uk/>
- Email: nilaari@nilaari.co.uk
- Phone: 0117 952 5742



LGBTQ+

Many of the services listed in this booklet – such as Shout, Mind, Off the Record, and Relate Avon – offer services specifically catered towards members of the LGBTQ+ community. However, if you are uncomfortable asking services directly about what they offer, the Bristol LGBTQ+ Society will be happy to help.



- Email: welfare@lgbtplusbristol.org.uk

The Mind Trans Helpline:

A free, confidential, mental health and emotional support helpline for those who do not identify as cisgender.

- Helpline: 0300 330 5468 (8pm-12am Monday and Friday evenings)

Off the Record: Freedom Service:

A social and informational space which provides support, advice, and social opportunities for LGBTQ+ people between the ages of 18 and 25. They also offer 1:1 LGBTQ+ support and counselling to those who need it. To discuss which options would be best for you, contact them via email.

- Email: lgbtq@otrbristol.org.uk



Stonewall:

A national charity that stands behind LGBTQ+ individuals on a large range of issues such as the rights under the law and handling matters of family, faith, and discrimination.

- Website: <https://www.stonewall.org.uk/> (There is an entry form on the website information service page which enables you to get into contact with Stonewall)
- Email: info@stonewall.org

Mental Health Education Resources

MIND:

Can give you information about a wide range of mental health issues. MIND is a charity that raises awareness and understanding of these sensitive topics and is full of brilliant articles that will explain specific problems, provide a starting point to get better, and help you help others.

- Website: <https://www.mind.org.uk/>
- Bristol Branch: <https://www.bristolmind.org.uk/>
- Bristol Mental Health Crisis Line: 0300 555 0334
- Bristol Mindline Telephone Helpline: 0117 203 4419 (out of hours confidential listening line, 7pm-11pm, Weds to Sun)
- National Mind InfoLine: 0300 123 3393 (9am-6pm, Mon to Fri, excluding Bank Holidays)



Shout:

Provides 24/7 support for anyone struggling or in a state of crisis at any time, from anywhere. Services cover a broad range of issues, including bullying, loneliness, grief, anxiety, stress, and abuse. They also have resources on their website if you would rather look at them than talk! Special sections are dedicated to those who identify as LGBTQIA+, students, and those who are affected by autism, deafness, stress, or anxiety issues.

- Website: <https://www.giveusashout.org/>
- Crisis Text Line: 85258 (FREE on all major mobile networks)

Student Minds- Support for a Friend:

A resource that advises on how to start mental health conversations with friends and how to look after yourself. They have a full guide too, called 'Looking After Your Mate'.

- Website: <https://www.studentminds.org.uk/supportforafriend>



General Wellbeing Information

University can be overwhelming, and it can be difficult to know what the best way of maintaining good wellbeing is, as this is different for everyone. Listed below are some clubs, activities and schemes catered to medics that you might enjoy participating in.

Clubs and societies



Galenicals Sports:

Galenicals Sports teams are catered to suit the medicine timetable and they range from competitive to casual. Many give-it-a-go sessions will run in fresher's week.

Instagram: bristolmedicssport

BUMS on the Run

- Email: bumsrunning@gmail.com
- Instagram: bumsontherun_

Medics Yoga

- Email: medicyogasoc@gmail.com
- Instagram: uobmedicyoga

Bristol Medics Netball

- Email: galenicalsnetball@hotmail.com
- Instagram: bristolmedicsnetball

United Bristol Hospitals Mixed Hockey Club

- Email: ubhmhc@gmail.com
- Instagram: ubhmhc

United Bristol Hospitals RFC

- Email: unitedbristolhospitalsrfc@gmail.com
- Instagram: ubhrfc and ubhwrfc

Galenicals Women's Football Club

- Email: ubgwfc@hotmail.com
- Instagram: galenicalswomensfc

Galenicals Football Club

- Email: galenicalsfcc2@gmail.com
- Instagram: galenicalsfcc



Bristol Medics Cricket

- Email: bristolmedicscricket@gmail.com
- Instagram: bristolmedicscricket



Bristol Medics Basketball

- Email: ql22784@bristol.ac.uk
- Instagram: uobmedicsbasketball

Bristol Wilderness Medicine

- Instagram: buwms

Galenicals Welfare

- Email: med-galenicalswelfare@bristol.ac.uk
- To access Peer support from the Galenicals welfare reps scan the QR code to fill in the form

EDI:

EDI Email: med-galenicalsequalities@bristol.ac.uk



International Director Email: med-galenicalsinternational@bristol.ac.uk

Muslim MDV Instagram: muslimmdvbristol

Wellbeing Links

Hub of hope:

Here you can briefly fill out what type of support you are looking for, then it will show you places that you can find help in your area.



- Website: <https://www.hubofhope.co.uk/>

Schemes to support your wellbeing

Parenting:

Every year, a medic family scheme is run where you can be matched with medic parents (from the year above) and medic siblings (from your year). It is a nice way to get to know medics who have recently been in the same position as you and they can give friendly advice and support.



Meet the Team behind Bristol's Little Blue Booklet 2025-26

Alex Price F2 West Midlands

Helen Low 3rd Year Medic (Galenical's Welfare rep)

