



Peace of Mind is the student led society campaigning for more positive attitudes towards mental health and wellbeing at university.

We run a peer support network through weekly coffee mornings, social media and regular study sessions, and talks.

We aim to raise awareness of mental wellbeing, combat the stigma surrounding mental health conditions, and make sure that people feel confident in asking for help from friends, family and staff.

When To Ask For Help

- If you have experienced mental health problems **before** arriving at university.
- If, since starting at university, you have been struggling with **tiredness, a lack of motivation, changes in your sleeping or eating patterns, or not enjoying things that you previously found fun**. If this has been the case for **a number of weeks**, it is important to seek help.
- If you have noticed that a **friend** is **struggling** with their mental health and wellbeing.
- If you feel like **any sort of illness** you have is **affecting your studies**.
- If you are simply curious to know **which services are available**, should you ever need them. It is always useful to be aware.

Who To Ask For Help

On Campus

- The Students' Health Service
- The Students' Counselling Service
- Student Disability Services
- Big White Wall
- Nightline: 0117 926 6266
- Multifaith Chaplaincy
- Student Navigation Network
- Just Ask
- LGBT+ Welfare
- Eating Disorders Support
- Liberation Forums
- Peace of Mind
- School Offices
- Personal Tutors
- Senior Tutors

In Bristol

- Mind
- The Samaritans: 0117 983 1000
- LIFT Psychology
- Off The Record (OTR)
- HOPEline: 0800 068 4141
- NHS Choices
- The Bridge: 0117 342 6999
- Students Against Depression