

# Wellbeing

## Who do I speak to in my college about support?

Your academic mentor should be your first point of contact should you have any concerns regarding your studies. If you are stuck on a problem which you have been set or you would like advice on your academic progress, your academic mentor should be able to help. You can find details of your academic mentor by logging into your [MyUni account](#).

Within your college there are administrative and academic disability coordinators who ensure that support and adjustments are available to assist you with your disabilities, mental health difficulties and/or related medical conditions. To find yours, [visit the Disability Coordinators webpage](#).

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