

Help and Support for Participants

This information sheet contains a list of support organisations and services accessible to postgraduate researchers.

Experiencing racism or racial microaggressions is distressing. This stress, no matter what follows, can have deep and lasting effects. Many organisations exist that may help you cope. A number of these organisations are listed in this booklet. They are free to use.

You can also find this information and further resources on the Black and Brown in Bioethics website: www.bristol.ac.uk/black-brown-bioethics

Student Welfare and Support Services

Higher education institutions offer pastoral support to postgraduate students. These services can be accessed without needing to consult your supervisors or tutors, as they are independent of your department of study. Visit the 'welfare and wellbeing' (or equivalent) parts of your university website for further information.

GP Services

Your GP may be able to refer you for talking therapy. A range of services go under a blanket acronym of IAPT (Improving Access to Psychological Therapies). The services available vary depending on where you are in the country. Talk to your GP for details of what is available.

MIND

MIND is a charity that offers advice and support to people living with mental health problems. They also offer information on how experiencing racism impacts on mental health, which can be accessed on their website.

Web: <https://www.mind.org.uk/information-support/tips-for-everyday-living/racism-and-mental-health/>

Samaritans

Samaritans is a registered charity aimed at providing support to anyone in emotional distress. Their service is free and available 24/7, for anyone who is struggling to cope and needs someone to listen without judgement or pressure.

Telephone: 116 123

Chat online: <https://www.samaritans.org/how-we-can-help/contact-samaritan/chat-online/>

Citizens Advice Bureau

Citizens Advice Bureaux provide free, confidential and independent advice on a range of legal, financial and other problems.

Telephone: 03444 111 444