



University of the
Highlands and Islands
Perth College



Wellbeing and Support Service

www.perth.uhi.ac.uk/student-services

What is the Wellbeing and Support Service

Being at college/university can be stressful at times. Many students experience issues which impact on their Mental Wellbeing for example feeling anxious, having difficulties with motivation or low mood, feeling isolated and alone, having relationship issues, struggling with irregular sleep patterns.

It is not uncommon to feel overwhelmed and stressed at times and the wellbeing and support service have a range of support available including Drop-in support sessions, Wellbeing Support and Advice, Self Help Workshops and self-help information. The Wellbeing and Support service can also make referrals to the counselling service.

Student Support



Apryll Mackie

Student Support Worker

apryll.mackie.perth@uhi.ac.uk
01738 877 305 | 07385 029 889

Apryll is available to provide emotional and guidance support for students throughout the year and runs the daily student support drop-ins in the hub.

Apryll is the support contact for care experienced students and also co-ordinates the Get Ready for College pre-entry workshops and can also help you with any difficulties you have with attending college.

Wellbeing and Support



Nic Henderson

Wellbeing and Support Officer

nicola.henderson.perth@uhi.ac.uk
01738 877 298 | 07920 703 902



Nicola Menzies

Wellbeing and Support Officer

nicola.menzies.perth@uhi.ac.uk
07812 669 802

The Wellbeing and Support Officers provide support to students who have a mental health condition, autism spectrum condition or who may be experiencing difficulties with their mental wellbeing.

They can:

- Act as a point of contact for support throughout your studies
- Help you to consider what supports and resources may help you to be a successful student
- Work with you to develop a PLSP (Personal Learning Support Plan)
- Ensure you are afforded reasonable adjustments in relation to your mental health
- Provide a range of self - help materials and advice
- Discuss Disabled Students Allowance and the support which may be available to you
- Offer group sessions

Student Support Drop-in Service

Are you struggling with:

- worries or concerns about yourself or someone you know?
- exam stress?
- relationship problems?
- issues with flatmates?
- low self-esteem?
- family problems?
- emotional wellbeing?
- attendance issues?

Don't go it alone

Come along to speak with the Student Support Worker who can offer advice and support on a range of issues.

Drop-ins are one-to-one, confidential and non-judgemental.

Daily drop-ins
are open:

9.30-11.30am
Monday - Friday

Student Support Hub
in Brahan Building

To book an appointment outwith drop-in times:

call 01738 877 305 or text 07385 029 889

wellbeingandsupport.perth@uhi.ac.uk