

INTERNATIONAL STUDENT WELLBEING SUPPORT

This article will inform you on the wellbeing support available to international students at the University of Portsmouth.

The [International Office](#) is the first port of call for support with a wide range of practical and welfare issues affecting international students. This article tells you about the additional confidential support you can get from the Student Wellbeing Service.

We understand that adjusting to a new country, culture and academic system is a major transition. Living abroad is exciting but it can also be difficult at times since you are a long way away from your family and friends. It may happen that you experience difficulties such as:

- feeling homesick
- bereavement
- relationship problems
- feeling low or not yourself
- dealing with other people's misunderstandings about your culture or your country.

Dealing with these problems can then make you feel unhappy and sometimes you may want to talk to someone about what to do.

Student Wellbeing Service

The Student Wellbeing Service gives international students the opportunity to talk privately and confidentially to someone about any problems which are affecting their wellbeing. It is free of charge and we welcome all students at the University whether they are home, EU or international students. Usually, people come along simply because something is bothering them and they want to talk about it.

The Student Wellbeing Service offers confidential help with a wide range of personal and emotional concerns, and is available to every student at the University free of charge.

The service has three strands: wellbeing advice, mental health advice and counselling. They are all linked together so when you apply you only have to approach us once – we will sort out which one is most likely to meet your needs. As well as one to one support we offer a programme of events, courses and workshops, online support and resources, and a weekly Wellbeing Café.

We offer a range of [popular workshops and courses](#) to teach skills for dealing better with student life. The 'University life: survive and thrive' workshop is offered twice at the beginning of the year and is designed to support students with ideas, suggestions, and information on how to adjust to the changes that come with university life and get the best out of your time here. You can also access a number of online resources if you would prefer to investigate issues by yourself.

To contact us or register for support see our article on [accessing support](#) from the Student Wellbeing Service. You can also use this registration process to request a place on most of our [courses and workshops](#) (subject to availability).

You can also access a number of [online resources](#) if you would prefer to investigate issues by yourself.

We would like you to benefit fully from and enjoy your time here, so please don't hesitate to contact us if you feel our support would be useful. To contact us or register for support visit the [accessing support information](#).

Or you can contact us on:

Phone: +44 (023) 9284 3466

Email: wellbeing-admin@port.ac.uk

In person: Ground Floor

Student Advice Centre Reception

Nuffield Centre

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