

Introduction to the Wellbeing Department



ROYAL
HOLLOWAY
UNIVERSITY
OF LONDON



We aim to...

Assist with transition and adjustment to university life.

Empower students by enabling you to successfully continue your studies.

Support you to embrace opportunities & make the most of your time at Royal Holloway.

Encourage everyone to seek help and advice when needed - before the issue becomes overwhelming.

For all students regardless of study level (Foundation, UG, PGT, and PGR)

Wellbeing: Supporting You...



ROYAL
HOLLOWAY
UNIVERSITY
OF LONDON

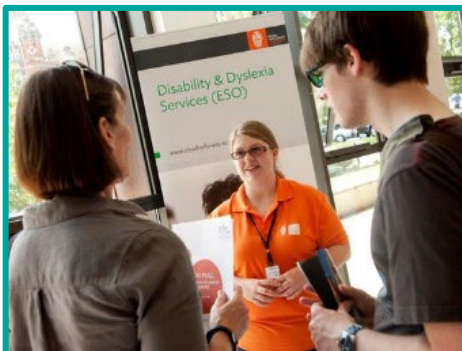
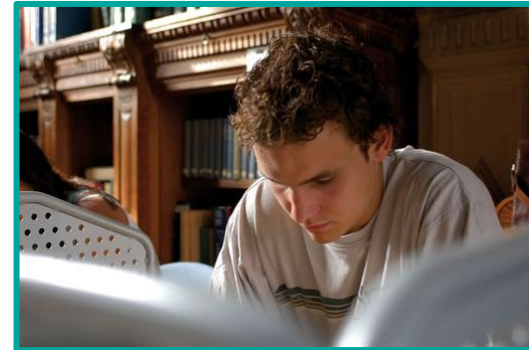


Supporting you....with your wellbeing

Our wellbeing advisers offer wellbeing advice and guidance to all students to support you in maintaining a healthy lifestyle and to help you make the most of your university experience.

Supporting you....through counselling

Our counsellors are here for you to talk about personal and emotional concerns in a friendly, non-judgemental and confidential setting.



Supporting you....with your disability

Our disability advisers support dyslexic students, disabled students, and those with mental health or chronic medical conditions to demonstrate their academic abilities.

Early registration is important to access support!

Wellbeing: Supporting You...



ROYAL
HOLLOWAY
UNIVERSITY
OF LONDON

Supporting you....with your finances

Our financial advisers aim to ensure your time at university is as financially stress free as possible. They are here to assist with any money concerns and including access to the study support grant.



Supporting you....with your mental health

All our teams play an important part in supporting students with their mental health and wellbeing and we adopt a holistic approach to support.

Supporting you....as an international student

Our international advisers offer specialised support including visa advice, adaptation to life in the UK, police registration and running events for students.

Supporting you....with your faith & spirituality

Our Chaplains work to support spiritual and religious development and community building



Areas of support



What can we support students with?

Homesickness

Anxiety

Visa advice

Depression

Mental Health

Procrastination

Registering a
disability

Reflection, faith
& Spirituality

Substance
misuse

Maintaining
good wellbeing

Budgeting &
financial
assistance

Sexual &
Domestic
violence

And lots more

..including triage to specialist services internally and externally

Accessing Support



ROYAL
HOLLOWAY
UNIVERSITY
OF LONDON

If you would like to get an appointment or just speak to one of the Wellbeing Department teams it is very easy to do so via the emails below. If you are not sure which team you need you can always email the Support & Guidance team: wellbeing@royalholloway.ac.uk and we will either support you directly or triage you to the right team for your needs.

We also offer a mix of online and face to face drop ins during term time. You can find the link on our webpage, for Mon, Wed, Fri or come to the Wellbeing Corridor 1st floor Founder's East 11am-2pm Tues & Thurs.

wellbeing@royalholloway.ac.uk

counselling@royalholloway.ac.uk

mentalhealth@royalholloway.ac.uk

internationaladvice@royalholloway.ac.uk

disability@royalholloway.ac.uk

moneymatters@royalholloway.ac.uk

chaplaincy@royalholloway.ac.uk

community@royalholloway.ac.uk

Dignity and Respect



ROYAL
HOLLOWAY
UNIVERSITY
OF LONDON

Royal Holloway is committed to equality, inclusivity and diversity within a supportive community which celebrates differences, challenges prejudice and upholds fairness for all.

We all have a right to live, study and work in a supportive environment with no discrimination, bullying or harassment.

We commit to safeguarding the dignity of all students, staff, and visitors to our university community and to nurturing an environment of mutual respect.

We want our campus to be a friendly and supportive environment and we all have a part to play in this

Full information on the Dignity and Respect Policy can be found here <https://intranet.royalholloway.ac.uk/students/study/our-college-regulations/your-responsibilities-as-a-student.aspx>

You can report any concerns to wellbeing@royalholloway.ac.uk where we can offer guidance, support and further advice.

Anonymous concerns will be able to be submitted on **RH Be Heard**

Key messages to remember



- Establish a routine
- Manage your expectations of yourself
- Get involved
- Self care is key



wellbeing@royalholloway.ac.uk

Follow us on social media @RH_Wellbeing

