Supporting you at Royal Holloway
Where to find wellbeing support and guidance

Student Advisory & Wellbeing

**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)

Supporting you in a Covid safe way in 2020 / 2021
Supporting you at Royal Holloway

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!
Supporting you at Royal Holloway

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.
This academic year is going to be different but we are committed to providing all our usual services for students and adapting delivery to support maintaining a safe campus and a safe experience for students and staff.

Initial contact will be by email with online (MS Teams) 1-2-1 appointments offered in term 1. We also hope to provide virtual drop ins.

Face to face appointments may be offered if they can be held in a Covid-safe way

wellbeing@royalholloway.ac.uk
counselling@royalholloway.ac.uk
mentalhealth@royalholloway.ac.uk
internationaladvice@royalholloway.ac.uk
disability-dyslexia@royalholloway.ac.uk
moneymatters@royalholloway.ac.uk
chaplaincy@royalholloway.ac.uk
We all have our part to play in keeping ourselves, the campus and our local community safe.

We have a specific Covid-19 Code of Conduct that reflects the current circumstances and aligns with our standard Student Conduct Regulations.

Queries related to Covid-19 should be sent to: supportingyou@royalholloway.ac.uk
Dignity and Respect

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 have a zero tolerance approach towards inappropriate or offensive conduct.

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

- Stay COVID safe – Hands, Face, Space
- Don’t give yourself a hard time
- Get involved
- Be realistic
- Establish a routine
- Keep in contact with family (…but not too much!)

supportingyou@royalholloway.ac.uk
intranet.royalholloway.ac.uk/students/help-support/help-and-support.aspx

Follow us on social media @RH_Wellbeing