



LSBU
London South
Bank University

A young man and woman are posing on a bridge in London. The woman, on the left, is wearing a black long-sleeved shirt and black trousers, with a green tote bag slung over her shoulder. She has her arms outstretched. The man, on the right, is wearing a white t-shirt, white trousers, a brown belt, and a blue lanyard with a badge. He has an orange beanie and a blue tote bag. They are both smiling and looking towards the camera. In the background, the London Eye is visible on the left, and the Big Ben clock tower is visible on the right. The sky is overcast.

MENTAL HEALTH & WELLBEING SUPPORT: AN INTERNATIONAL STUDENT GUIDE

STUDENT SUPPORT
SERVICES

Moving to a new country to live and study can be an exciting time – it may even be the first time you have lived away from home. We understand that this can be challenging, and sometimes that some external input and support may be helpful for your mental health and wellbeing.

We have put together this guide to provide you with information on what our Mental Health and Wellbeing Team do, how to access external support, and some wellbeing tips.

MENTAL HEALTH AND WELLBEING SUPPORT AT LSBU

At LSBU, we have a dedicated **Mental Health & Wellbeing (MHWB) Team** who offer an inclusive and accessible service for all LSBU students. We provide a safe and confidential space to talk through how you're doing, what's going well, any challenges you are dealing with and what could help you manage these challenges. Our aim is to help you feel confident and well, and to have safe and successful study.

We are an appointment-based team who offer support Monday to Friday, 9am to 5pm. You can read more about **how we support students here**, and **how to book an appointment here**.

EXTERNAL MENTAL HEALTH SUPPORT

GP

YOUR GP

If you have any concerns around your mental health and wellbeing, you should talk to your GP. GPs can provide initial advice and treatment, and refer you on to specialist services. We recommend that you register with a doctor as soon as you arrive in the UK, as you will not be entitled to use the service until you are registered. To register, you can use the **online GP search tool** to find your local practice.

NHS

FREE TALKING THERAPY

You can also self-refer for free Talking Therapy in your local area using this link: **NHS talking therapies - NHS (www.nhs.uk)**.

△ IMMEDIATE SUPPORT

If you are concerned about your ability to keep yourself safe, particularly if you are having thoughts about harming yourself in any way, it is really important that you seek immediate support. **See here for where you can get help.**

WELLBEING TIPS FOR OUR INTERNATIONAL STUDENTS

As well as speaking to us, there are some tips for managing your own wellbeing.

Try and find home comforts

Finding familiarity can be a good source of comfort. This could be eating your favourite food, phoning a loved one or watching a familiar TV show or film.

Do something you enjoy each day

Try and do one thing you enjoy, for yourself, each day. This could be listening to music, speaking with friends or watching tv.

Self-care

Looking after our mind and bodies is key to feeling well. There is no right way to do self-care; it can be anything that improves your overall health or wellbeing. Some ways you can look after yourself include practising mindfulness, ensuring you get around 8 hours of sleep a night, and engaging in some form of physical activity.

Be active and find some green space

Being active doesn't need to look a certain way or have a goal, what's important is you are moving your body however works for you. Getting active and being in nature can improve mood, reduce stress and improve your physical health. You can see a [guide of local greenspaces here](#).

Connect with others

Being around others can make a big difference to your overall mood. This could be using shared spaces such as the library, or connecting with others through the [Students' Union communities and societies](#). You can also meet others through [LSBU Active's Sports clubs](#).