



Directorate of Student Life Supporting students at Royal Holloway



Wellbeing Awareness



The Directorate of Student Life (Wellbeing & Experience) are the Professional Service team responsible for helping and supporting students with all aspects of their health & wellbeing

- Assist with transition to and adjustment to university life.
- Empower students in enabling them to successfully continue their studies.
- Support students to embrace opportunities & make the most of their time at Royal Holloway.
- Encourage student to seek help and advice when needed – before the issue becomes overwhelming.
- Co-ordinate and manage disability reasonable adjustments.



Wellbeing Awareness



What do the Directorate of Student Life Wellbeing & Experience support students with?

Homesickness

Anxiety

Visa advice

Depression

Mental Health

Procrastination
& Time
Management

Registering a
disability

Faith &
Spirituality

Substance use /
misuse

Maintaining
good wellbeing

Budgeting &
financial
assistance

Sexual &
Domestic
violence

And lots more

..including triage to specialist services internally and externally



Wellbeing Support

Supporting students with wellbeing guidance

Our Wellbeing Support team of Wellbeing Advisers are our triage team who can help with a range of wellbeing issues and offer advice on maintaining a balanced lifestyle. They can also signpost to a more appropriate specialist service. Within the team are our Harassment & Wellbeing Advisers who have a focus on supporting students with concerns about harassment and violence. The team also lead on support for students living in the local community.

wellbeing@royalholloway.ac.uk

<https://intranet.royalholloway.ac.uk/students/help-support/wellbeing/student-wellbeing.aspx>



Disability & Neurodiversity

Supporting students with wellbeing guidance

Our Disability & Neurodiversity team support students with disabilities, mental health, neurodiversity or long-standing medical conditions. They put in place reasonable adjustments to help students achieve their full academic potential and to enjoy their university experience. They can also provide access, via the Disabled Students' Allowance, to study skills support and specialist mentoring.

disability@royalholloway.ac.uk

<https://intranet.royalholloway.ac.uk/students/help-support/disabilities-and-dyslexia/home.aspx>



Mental Health

Supporting students with wellbeing guidance

Our Mental Health Practitioner team help students who require support in primary care services. This includes triage and assessment, supporting students on a 1-2-1 basis, as well as signposting and referring on to NHS & specialist services such as their GP, IAPT, and Community Mental Health Recovery Services.

mentalhealth@royalholloway.ac.uk

<https://intranet.royalholloway.ac.uk/students/help-support/primary-care-mental-health/primary-care-mental-health.aspx>



Money & Funding Advice

Supporting students with their finances

Our Money & Financial Advice team are here to provide guidance for the financial issues students may experience including additional assistance through our Study Support Grant. They can also help with short-term loans and help students with budgeting and financial capability skills. There is a key focus in 2023 on providing support around the cost of living crisis.

moneymatters@royalholloway.ac.uk

<https://intranet.royalholloway.ac.uk/students/money/funding/managing-your-money/managing-your-money.aspx>

<https://intranet.royalholloway.ac.uk/students/money/funding/managing-your-money/supporting-you-with-the-cost-of-living.aspx>



Counselling

Supporting students through counselling

Our Counselling team provide personal and emotional support to help students succeed in their academic studies. The most frequent therapeutic approach offered by the counsellors is the 'One At A Time' model which moves students (clients) to a solution focussed goal and supports them in drawing on their existing inner strengths.

counselling@royalholloway.ac.uk

<https://intranet.royalholloway.ac.uk/students/help-support/counselling/home.aspx>



International Advice

Supporting international students

Our International Advice team lead on support for all international students. This includes visa and immigration advice, processing of US federal loans, and support for their transition into study and life in the UK including the New to the UK programme.

They work closely with colleagues in the Student Administration Visa Compliance team.

internationaladvice@royalholloway.ac.uk

<https://intranet.royalholloway.ac.uk/students/help-support/international-student-support-office/international-student-support-office.aspx>



Multifaith Chaplaincy

Supporting students with their faith and spirituality

Our Multifaith Chaplaincy aim to support students in building supportive communities of faith, where fundamental questions can be explored and a deep personal search for meaning is encouraged. They provide support to the whole university student and staff community – whatever you believe, whatever your background, whoever you love, and whatever your struggles or doubts.

chaplaincy@royalholloway.ac.uk

<https://intranet.royalholloway.ac.uk/students/campus-life/chaplaincy-and-faith-support/multifaith-chaplaincy.aspx>



5 ways to wellbeing

**Be
Active**

Do what you can, enjoy what you do, move your mood.

Connect

Talk & listen, be there, feel connected.

Give

Your time, your words, your presence.

**Keep
Learning**

Embrace new experiences, see opportunities, surprise yourself.

**Take
Notice**

Remember the simple things that give you joy.

