

# STRESS HELP

For International Students

**Don't be  
afraid to ask  
for help**

## KEY MESSAGES

» Don't be afraid to ask for help – this does not mean you are weak

» Remember that if you are feeling down or stressed there are people who can support you

» Medical and counselling support is confidential – this means that your sponsor will not be told of any difficulties unless you agree

» Most medical and support services are free for international students if you are here for 6 months or more– check at the University Health Service or Student Support and Accommodation for further information

## SIGNS AND SYMPTOMS OF STRESS

Headaches, stomach problems and lack of sleep may be signs of stress. Living with stress all the time increases the chances of becoming ill with depression or anxiety. Signs of other mental health difficulties include tearfulness, lack of energy, change in moods, and feeling hopeless. If you have any of these signs then seek some help and support.

## COUNSELLOR

Sometimes it can be difficult to deal with difficulties on your own and this is when meeting a counsellor can be helpful. A counsellor is a professional, trained to listen and support you to try to resolve difficulties. Common problems are loneliness, stress, homesickness, depression, adjusting to a new culture and family problems. The University Counselling and Support Service is in Student Support and Accommodation in the Hugh Nisbet Building and is free.

## CULTURE SHOCK

International students face additional pressures, all without the support of friends and family from home. You might feel isolated at times and sometimes culture shock can trigger serious mental health difficulties, especially if you have had difficulties in your past.

Check out our website at



**[www.hw.ac.uk/support](http://www.hw.ac.uk/support)**



Contact Us

Heriot-Watt University  
Student Support and Accommodation  
Hugh Nisbet Building  
studentsupport@hw.ac.uk  
www.hw.ac.uk/support

# EMERGENCIES

**Out of office hours** you can get free medical advice through NHS 24 by phoning **08454 24 24 24**. Alternatively you can contact the emergency ambulance service on **999**. If on campus, contact security instead by dialling **2222** from any red phone or the phone in your room so that they can direct the ambulance when it arrives on campus.

## DOCTORS

When you arrive at Heriot-Watt University, register at the University Health Service. The Medical Doctors are called General Practitioners (G.P) and can provide medical care and treatment. They can also refer you to specialists, including psychiatry and psychology, if the G.P believes that such a referral is required.

NHS prescriptions for medication are free of charge in Scotland.

Medication from your G.P has to be licensed in the U.K so it is possible that medication that you take in your home country may not be available in Scotland. Talk to your G.P for advice.

## USEFUL CONTACTS

## OTHER SOURCES OF HELP AND INFORMATION

### PHONE LINES

**EDINBURGH CRISIS CENTRE  
FOR MENTAL HEALTH  
EMERGENCIES**

**0808 801 0414**

**BREATHING SPACE**

**0800 83 85 87**

**SAMARITANS**

**08457 90 90 90**

### WEB LINKS

#### **STRESS:**

[www.stepsforstress.org](http://www.stepsforstress.org)

#### **ANXIETY AND DEPRESSION:**

[www.studentdepression.org](http://www.studentdepression.org)  
[www.livinglifetotheull.com](http://www.livinglifetotheull.com)

#### **SELF HELP:**

[www.edspace.org.uk](http://www.edspace.org.uk)

#### **CHINESE MENTAL HEALTH ASSOCIATION**

[www.cmha.org.uk](http://www.cmha.org.uk)

## UNIVERSITY CONTACT DETAILS

#### **UNIVERSITY HEALTH SERVICE**

**0131 451 3010**

[www.hw.ac.uk/health](http://www.hw.ac.uk/health)

#### **STUDENT SUPPORT AND ACCOMMODATION**

**0131 451 3386**

[www.hw.ac.uk/support](http://www.hw.ac.uk/support)

#### **CHAPLAINCY**

**0131 451 4508**

[www.hw.ac.uk/chaplaincy](http://www.hw.ac.uk/chaplaincy)