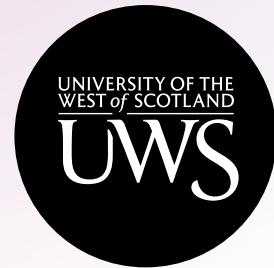


UWS COUNSELLING & WELLBEING SERVICE



We work with students from a wide variety of countries and cultural backgrounds. If you are having difficulties, we are here to help. Our Wellbeing Appointments are available to all UWS students and are free and confidential.

Life can be difficult

Sometimes life can be difficult, and you can feel worried, stressed, unhappy or distracted. This can affect your wellbeing and sometimes your studies too.

Getting some help

Talking about your problems with a counsellor can be helpful. You can express yourself freely, feel supported and think about ways to handle your situation.



Is it confidential?

Like all counselling services, we follow strict confidentiality practices. You do not have to tell academic staff that you are attending counselling and using our service won't affect your academic record or grades in any way.



What can I talk about?

Talk to us about anything at all, no matter how big or small the issue. For example, you might want to talk about...

- adjusting to life in the UK
- family difficulties or concerns
- coping with stress
- your academic worries
- difficulties in relationships
- homesickness
- depression or anxiety

Make an appointment

Wellbeing Appointments are available in-person on campus or on Teams. They can be arranged:



- at the Hub desk on your campus
- via WhatsApp on 0141 848 3998
- via the Hub Portal at hub.uws.ac.uk

You do not need to share any personal details with Hub staff – just ask for a Wellbeing Appointment.

