

COUNTDOWN TO UCL



## ISSUE 3

### Your wellbeing at UCL

**ALL THE LATEST ON CORONAVIRUS** - We're doing everything we can to make sure you can have a fully-rounded UCL experience while staying safe. For the most up-to-date information on everything related to coronavirus, including testing available to you, please check our [coronavirus information pages](#) regularly.

**IMMIGRATION ADVICE** - If you're a non-UK student, remember that UCL offers comprehensive advice on [immigration and visas](#).

Dear **`\${Contacts.First Name}`**,

For your third issue of the Countdown to UCL, we look a little more at the range of support on offer to you at UCL to help maximise your health and wellbeing. We'll also look at ways to enhance safety on campus and in the digital environment and we'll introduce you to the support in UCL Accommodation.



## Health and Wellbeing

Here at UCL, we care about all our students and we believe that your health and wellbeing is just as important as your studies. In this theme, we introduce the ways in which you can take care of both your physical and mental wellbeing and show you how to access different types of support should you need them.



## Accessing healthcare - where can I get help?

There are a variety of health care services here in the UK. Here, we outline which service you should use depending on the condition you find yourself experiencing. [Find out more.](#)



## [Living away from home - coping with homesickness](#)

Feeling homesick during your first few weeks at university is natural. In [this article](#) you'll find 8 things you can do to ease yourself better into your new environment, if you're able to join us on campus.



## [Staying Safe](#)

There are a number of simple steps you can take to ensure that you stay safe, whether you're in London (a very safe city!) or studying somewhere else. This section will provide some essential advice to ensure your time with us is a safe one.



## [Introducing the UCL Crime Prevention and Personal Safety Officer](#)

UCL's Crime Prevention and Personal Safety Officer, Sophie Bimson, is on hand to help you with all your safety needs and concerns. Here, you'll find out a little more about her and how she can help you. [Read on.](#)



## [Keeping Safe on Campus](#)

At UCL, your health and wellbeing are paramount. Our priority at all times is to make sure our campus is as safe as possible, minimise the risk to everyone onsite, and follow UK official guidance. [Find out more.](#)



## Accommodation

Whether you're staying in university accommodation or renting in the private sector, this section will help you get the most out of your home away from home.



## Dealing with difficulties at university - what support is available in halls?

Want a quiet chat about how you feel, help with a particular issue, or a wider range of support for your health and wellbeing? This article tells you your options if you want some help or support living in halls. [Read on.](#)



## [7 essential things to bring to university](#)

Congratulations! You've done it. The hard part of getting into uni is over. Now on to the next leg of your journey: getting ready for your arrival. [Find out more.](#)



## Welcome Guide

### [Download the Welcome to UCL guide](#)

The Welcome to UCL app's '[Guide for New Students January 2021](#)' includes a range of handy features, in particular a full list of induction and welcome events over the coming weeks, so you'll have a comprehensive orientation schedule in the palm of your hand. Download on the App Store or Google Play today and be sure to enable notifications for regular updates!



## Online Induction PART 3

## Online Induction part 3 - complete the Library Services online

Our online library induction is your essential first step to using UCL's libraries, including all the resources and services available. [Find out more](#).

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