Staying healthy and happy

We want you to enjoy and make the most of your time at Birmingham. When you're away from home and faced with all the new challenges and excitement of uni life, it can be all too easy to forget about your own personal wellbeing. So we make sure you have all the support you need to stay healthy and happy, and to succeed in your academic studies.

Settling in

If you're feeling a bit nervous about your first few days at uni, don't worry. Your school will allocate you a Personal Tutor who will meet with you at the start of your programme to help you begin your studies in the best way. They'll also be on hand for advice and guidance throughout your time with us.

If you're living in University accommodation, you'll also be allocated a trained **student mentor (/undergraduate/support/mentor.aspx)** . To find out more about how student mentors can be invaluable in helping you to settle in, please click the link.

Wellbeing services

We offer all sorts of resources to help you develop skills to manage any practical, emotional and psychological issues that may have an effect on your studies. Our team of professional counsellors offers one-to-one sessions, including online counselling, as well as group workshops on everything from time management to coping with exam stress. You can also access a wide range of interactive resources that enable you to set and achieve goals relating to your physical health, diet, mental wellbeing – even getting a good night's sleep!

Support from the Guild of Students

The Guild's **Advice and Representation Centre (ARC) (http://www.guildofstudents.com/thearc)** is a professional student advice service, helping you with any financial, academic, employment, housing and immigration issues you may face during your time at the University. The service is free and you can either drop into the centre for a chat in a safe, relaxed environment, or contact its online service where professional advisors can respond to your queries or concerns.

Support for mental health conditions

If you have a diagnosed mental health condition, or think that you might have one, you can get disability support from the **Mental Health Advisory Service (https://intranet.birmingham.ac.uk/as/studentservices/disability/mentalhealth/index.aspx)** , including confidential advice from two mental health advisors who are qualified practitioners and have a wealth of experience in supporting students.

Sport and fitness

The University is a centre of excellence for many **sports (/undergraduate/birmingham/mybham/my-bham-sport-at-birmingham.aspx)** , and our 43 teams and clubs attract around 2,000 students and staff members. As a student, you can join the gym at the Munrow Sports Centre and benefit from the excellent sporting facilities across the University.

Medical and dental health

Most students are entitled to healthcare on the NHS. We recommend that you sign up with a doctor and dentist near the University.

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