

What do you do if you need academic or wellbeing support while abroad?

Steps to take if you need wellbeing or academic support while you're away:

1. In the first instance, chat with your support network: friends in your host destination, or friends and family back home. Be open about how you're feeling; you might even make new connections this way.
2. Contact studyabroad@uea.ac.uk or your Study Abroad Academic Coordinator. Please note that if you contact an adviser at UEA, they may refer you to another team – but we'll ask your permission first. The Study Abroad team can arrange a virtual meeting to check in and see what the best next steps are.
3. Contact Student Services or the International Office at your host university to see what support you can access.
4. Contact your healthcare provider to ask about support available.
5. With your permission, the Study Abroad team can get in touch directly with UEA Student Services to see if you can receive remote support. You will also be asked to also [complete this self-referral form](#) where you can disclose as much information as you feel comfortable to.
6. With your permission, we can also contact the host university to ask them to help arrange local support.

Your wellbeing is the priority, and UEA will endeavour to support you in any way we can. If you need to return home, please notify UEA as soon as possible.

This is an option, but it's important to bear in mind this could have an impact on your degree and require a break in studies (year abroad) or repeating second year (semester abroad). Check your [School of Study's Academic Guidance](#) for more information.

Students can also contact the University Safety Services for guidance and information before, during or after travelling abroad.