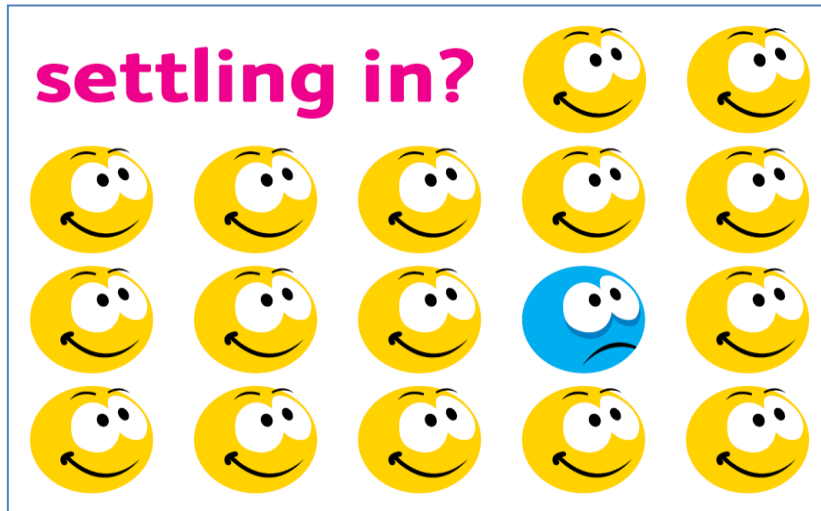


## Example of post card, part of anti-stigma campaign



### Where's your head at?

We really hope you've settled into your new student life. But if you're missing home you are not on your own – 2 out of 3 students feel homesick at some point during their time at university.

Feeling homesick is normal, and talking about it can really help – your housemates or course mates will probably be grateful you brought it up!

If you're feeling homesick or low visit... [headroom](#) for practical ideas to help and for SU and UCLan services, also links to external resources.

[www.uclansu.co.uk/headroom](http://www.uclansu.co.uk/headroom)

### Ready for help?

We can make the first step for you.

Fill in your details below and we will do our best to contact you within the next five working days.

This is a confidential service. We will give you information about who could help, depending on your situation.

How would you like to be contacted?

Email: \_\_\_\_\_

Phone: \_\_\_\_\_