



Providing NHS services

# Support pack for starting university



Calling all prospective freshers and university students!

Going from living at home to living in halls or student accommodation can be an exciting but daunting experience. For many, it can feel like a very overwhelming transition, and knowing what you'll need and what will be important for you is not an easy task.

With the help of some current and previous university students, we've put together a checklist so that you can begin to feel more prepared for your new venture:

### **Practical must-haves**

"Most people take loads of kitchen essentials so you can end up with a really well stocked kitchen if you're in halls. In addition I brought a mini fridge so I could have some things in my room too." ~ Georgia

"I shared a bathroom with uni friends, so I took a little shower caddy so I could easily take it in and out with me and keep all my things together." ~ Harry

"I always made sure I had a spare toilet roll in my room because we always ran out in the main bathroom!" ~ Yas

"A must-have for me was flip flops because sharing a space with so many people sometimes meant the floors weren't always as clean as my parent's house!" ~ Simone



## Sentimental must-haves

“A must-have for me was a picture of the family (and pets) as a reminder of who loved me back home.” ~ Lyllah

“You go to university often with the hope of making some wonderful new memories, but reminiscing about old memories can be such a comfort. I had a pin board filled with people, places and animals I loved from back home and places I’d been. It was a way of taking a bit of home with me.” ~ Ty

“I took an old mug with me, not for practical reasons really as I could have just taken new ones. But it reminded me of home and that was really comforting if I was having a hard time or even if I was just tired.” ~ Angie

## Social must-haves

“One of my best items was a door wedge. My then youth worker bought it for me to encourage me to have my door open to make new friends. It turned out to be one of the best and most thoughtful things I took with me.” ~ Daniel

“Fancy dress stuff! You never know when it can come in handy for social occasions.” ~ Emma

“Having a good portable speaker is always a great way to connect with people.” ~ Joshua

“I knew I wanted to play sports so I made sure I took football boots, a ball and some other sports stuff so I was prepared for potential clubs and also just a kick around with new friends.” ~ Kierra



## Comforting must-haves

“My must-have item was a mattress topper - I got one that was like a teddy bear material to go under my bottom sheet. It made my bed so so so much more comfy.” ~ Will

“I brought my disney teddies with me that my family had gotten me - one of my friends brought their old blanket. I remember so many people having things like this.” ~ Mollie

“A nice little rug for your room can brighten up the place and make it feel more like home.” ~ Fi

“I took my boyfriend’s t-shirt and put it under my pillow - helped a little with the distance.” ~ Nat

“Fluffy socks! If you need time to chill out in your room away from people for a little while (as the first few weeks in particular can be really socially overwhelming), get comfy in the fluffy socks and whatever else feels comforting and reassuring.” ~ Ciaran

## Safety must-haves

“Contraception was a must-have to pack. In fact, it was my mum who suggested it which was so embarrassing but actually looking back, it’s always better to be safe.” ~ Billie

“I took a mini first aid kit just so I was prepared in case of an accident. It came in pretty handy actually!” ~ Vicki



# Free, safe and anonymous mental health and wellbeing support

It's quick and easy to sign up to Kooth or Qwell\* and will only take a few minutes. No formal referral from a GP is needed and you can self refer at anytime.

## Support options

You can access a range of support options including:

- Chat with a member of our team (\*live chat or send us a message anytime)
- Self help tools
- Community support (discussion boards and live forums)
- Helpful articles (from the Kooth and Qwell team and our community)

## Live chat hours

You can live chat with a member of our team between:

- 12pm - 10pm on weekdays
- 6pm - 10pm on weekends

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\*You can sign up to Kooth or Qwell using either your home area or your university area. The online service you have access to will depend on your age and the area you register with.

