

Missing the comforts of home...



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Missing Home?


Moving away from home to study can result in:

- feelings of stress and anxiety
- Disconnectedness from family and friends and places
- Feeling forced from your usual routines and comfort
- Confusion or misunderstanding of your new environment
- Feeling little or no control over your current situation





Signs

1. Constantly calling or wanting to call home
 2. Critically comparing your new environment to what's normal for you at home
 3. Withdrawing from social life in your new environment
 4. Feeling low, lost motivation or difficulty with tasks you once found easy
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Tips

Be the tourist and get to know your new environment. Over exposure yourself – the more time you spend here the more familiar it will become.





Tips

Don't focus so hard on staying in touch with family and friends from home that you exclude the possibility of making new connections where you are now.





Tips...

Try and exercise regularly, eat healthy regular meals, and get a good nights [sleep](#).





Tips....

Create a new routine for your new home away from home. This will help you feel more in control and yearn less for the routine and comfort you got from being home.





Tips...

Keep up your old habits, if you played a sport or were part of a club or organisation at home then join a new team here





Tips...

Seek help and support from others and don't feel guilty about missing home, or making your new home a home you love as well.





How to reach the Online Counsellor

1. Online Counsellor Blog

- <https://uonblogs.newcastle.edu.au/onlinecounselling/>
- Post on issues concerning students
- Reviews of online resources and Apps
- General information on available services online and in the community
- Tip Sheets

2. Skype Drop-in times

- Skype name: **UoNonlinecounsellor**
- No appointment necessary (message only)
- Tuesday 7-9pm | Thurs 2:30-3:30pm & 8-9pm | Fri 9-10am

3. Skype individual appointments





If online isn't for you

- Make an appointment to see a Student Support Advisor
 - Takes 20 minutes
 - Assessment of your support needs
 - **49215801**
 - Referral to GP for MH Care Plan
 - Usually for more long standing issues or complex issues
 - GP available on campus at Health Services
 - Private psychologist through a number of different sources – some small gap, some bulk billed services
 - Referral to Counsellor
 - Short-term solutions focussed
 - 5 sessions per semester
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