

Student Health & Wellbeing @ UEL

The WellBeing Team offers a range of services:

General/ Physical Health @ UEL

- Registering with a Doctor
- Information, advice / guidance on all aspects of health & wellbeing:
 - Smoking Cessation
 - Sexual Health
 - Weight Management
 - Health checks & other general health issues

ISC (Initial Support Consultation) @ UEL

We offer an ISC (Initial Support Consultation). This is a chance to talk about what is happening in your life, and discuss what further support is available to you as a UEL student.

This is **not** a counselling / clinical assessment session, but you may be referred for counselling following the ISC.

Counselling @ UEL

We offer counselling at both campuses.

If you are interested in Counselling @ UEL, the first step is to make an appointment for an ISC (please see above).

Making an Appointment

In Person

(go to the Student Centre Reception)
Docklands: North Building, 2nd Floor
Stratford: Student Centre

Phone

Docklands: 0208 223 7611
Stratford: 0208 223 4440

Email

wellbeing@uel.ac.uk
include: name / student number / mobile / email

Skype

(chat / video call / audio call)
uel_wellbeing

Visit the Student Health & Wellbeing webpage
www.uel.ac.uk/health