

# International students: mental health

## Barriers

### Pressure:

'I feel a sense of expectation; [my parents] so want me to succeed and that can make me feel very stressed at times. I can't fail.'

### Cultural barriers:

'I just realise even apart from the language barrier, we still have the culture.'

### Perceptions about mental health in home country:

'[In China] we only get help if we get hurt physically, but not mentally.'

## Solutions

Talk to someone about the pressure you're feeling and any impact that is having on your work. You can talk to a tutor, someone in your institution's wellbeing department or a friend. Lots of universities also have Nightline services where you can talk anonymously to someone. [ukcisa.org.uk/nightline](http://ukcisa.org.uk/nightline)

In the UK organisations are increasingly creating campaigns to encourage 'time to talk'. This may be different from perceptions of mental health in your home country.

Studying in the UK may evoke feelings of culture shock as you adjust to a different climate, cultural references of films and TV. This is completely normal, temporary and there are some things you can do to adjust. [ukcisa.org.uk/cultureshock](http://ukcisa.org.uk/cultureshock)

