



Health (including mental health) and Disability Information for students spending a period of time abroad

Why do we need to know about your disability or health (including mental health) condition?

The University of Leeds has a duty to make sure all students are well supported whilst on placement or study abroad, so we ask everyone to let us know of any disability or health condition (including mental health conditions) that might have an impact on your time abroad.

Telling us will help us to discuss with you any support needs you might have. You need to consider your time abroad as a whole, not just the studying and/or work placement that is the reason for your going.

- What about the social/residential aspects of your time abroad?
- How do you think living in a different country will impact on your disability or health condition?
 - A different culture
 - Possibly a different language
 - Without your usual support network of friends and family
- Will there be easy access to transport as there is in Leeds?
- What about any medication you take? The NHS usually only issues a 3 month supply at a time. Will you be able to get your medication where you are going?
- Have you ensured that you have purchased appropriate health insurance that will cover you for any pre-existing medical conditions?

All of the information you give us will be shared only with appropriate persons at Leeds (e.g. Study Abroad Office, Equality Service, and Departmental Contacts) and with your host organisation, in accordance with the Data Protection Act.

If you are undecided about disclosing information and the impact this may have on studying abroad, you may talk in confidence to a member of the Student Counselling Centre or the Student Mental Health Worker (contact through the Equality Service).

Residence abroad host organisations may not be able to accommodate all reported individual needs or circumstances, but it will be easier to put a support network in place if you let us know in advance of any disability or health condition.

We'll work with you, your department and other parts of the University, such as the Equality Service, to make sure you're prepared for going abroad.

Things you need to do

When you have very specific support needs because of your disability or health condition, such as accessible accommodation and personal assistance support, it is your responsibility to let us know, so that we can start at the earliest opportunity to put support in place, which can take up to a year in some cases.



To whom should you talk?

Your School/department

Where your school manages your residence abroad scheme (such as the School of Modern Languages and Cultures, where you're required to study or work abroad as part of your degree), they will have a named contact who will be your first point of call on study abroad issues.

Study Abroad Office

Where your study abroad is not compulsory and you are applying through the Study Abroad Office (SAO), please contact either the SAO or your School's Study Abroad Coordinator – a list is available online at

http://studyabroad.leeds.ac.uk/outgoing/what_you_need_to_know/academic_support

18 Blenheim Terrace

Tel: +44 (0)113 343 7900

Email: studyabroad@leeds.ac.uk

Web: <http://studyabroad.leeds.ac.uk>

Equality Service

If you currently receive support through the Disability Team in the Equality Service, please speak to your Disability Coordinator about your plans to study abroad so that we can discuss how you can get support and can also liaise with your department.

If you don't currently receive support from us, but would like to discuss how the Equality Service can help with your study abroad, see contact details below. There are also regular drop-in sessions between 12:30 – 1:30 every day during term time.

Social Sciences Building

Tel: +44 (0)113 343 3927 (Calls from RNID Typetalk are welcome)

Textphone: 0113 343 2616

Email: disability@leeds.ac.uk

Web: www.equality.leeds.ac.uk

The Student Counselling Centre

If you have any concerns about your emotional, psychological or mental health or have any particular personal problems, the Student Counselling Centre can provide a range of services to help you prepare for your time abroad before you go. There are also useful services to access while you are away, including on-line self-help and synchronous online counselling using confidential chat room technology.

19 Clarendon place

Tel: +44 (0)113 343 4159

Email: stucouns@adm.leeds.ac.uk

Web: www.leeds.ac.uk/studentcounselling