Everyone coming to university experiences a transition. Homesickness is a normal part of the process. We have some ideas on how to overcome some of the emotions that you are experiencing.
You may feel:
- A lack of confidence
- Scared
- Isolated
- Angry
- Lonely
- Sick
- Unsettled
- Bad about yourself
- Unsure
- Confused
- Sad

You may think:
- “I’ve got no-one to talk to”
- “Everyone else is fine, there must be something wrong with me”
- “I want to go home”
- “I hate my course”
- “I miss my family and friends”
- “I don’t fit in”
- “I’m never going to make any friends”
- “I’m so lonely”

You may behave differently
- Sleeping too much / too little
- Avoiding people
- Drinking more / using drugs
- Eating more / less
- Can’t concentrate
- Frequently contacting home / not at all
- Staying in your room
- Not attending lectures
- Crying

What can you do to help yourself?
- Be kind to yourself – listen to how you feel and accept your feelings
- Remind yourself these feelings are a normal part of a transition and they will - more than likely - pass soon
- Remind yourself others feel the same too – talk to people about how you feel
- Keep in contact with people from home, but also get involved with life at university – there are lots of clubs and societies available to you
- Establish a routine – structure often makes us feel safer and more secure – include activities from home that you enjoy
- Look after yourself physically – exercise, eating and sleeping well will all help to improve your mood
- If you have difficulties with your academic work, contact your department

If these feelings persist and stop you doing academic and social activities, please contact your doctor or the Student Support Wellbeing Team.
Contact

Student Services Hub
T 01206 874000
E askthehub@essex.ac.uk
www.essex.ac.uk/students/health-and-wellbeing

Make an appointment
If you are feeling homesick and want to speak to somebody, visit the Support desk at the Hub and ask for a welfare appointment.

Opening times
Monday to Friday – 9.00am - 5.00pm