

International students' guide to health services in the UK

International Health Surcharge (IHS)

If you have paid the IHS as part of your visa application, you can receive free health services from the National Health Services (NHS) in the UK from the start date of your visa. If you didn't pay the IHS (including students from the EU) we recommend that you arrange private medical insurance.

The same advice applies for your dependants in the UK (husband, wife, civil partner, children).



Free Health Services

Students can register for free with the university medical centre. After you are registered you can book an appointment to speak with a doctor (GP) if you are concerned about your physical health or mental health. You can book an appointment online or by visiting the medical centre. Appointments are free and confidential.



Nurses at the medical centre offer a wide range of services, including:

- treatment for minor injuries
- treatment for long term conditions such as asthma
- travel health and vaccinations
- sexual health advice
- advice for a healthy lifestyle, including giving up smoking



Student Wellbeing

The Student Wellbeing Service can help you manage personal issues that impact on your studies, such as:

copng with exams | depression and low mood | loss and bereavement | managing stress and anxiety | confidence building | relationships | spirituality | difficult decisions | connecting with people

The services is confidential, delivered at both campuses by male and female advisers from different backgrounds.

Contacts

www.studenthealthatshu.co.uk

www.shu.ac.uk/services/sls/support/wellbeing



Sexual health

Whether you are sexually active or not, you need to know about contraception and how to look after your sexual health.

Contraception in the UK is free. Appointments with the doctor or nurse about contraception are free and confidential.

Condoms

Condoms prevent sexually transmitted infections and unplanned pregnancies. All patients of the SHU Medical Centre can get a pack of 20 condoms every month free of charge. To register for the scheme and receive your first pack, please complete a form at the Medical Centre Reception. No appointment is necessary unless you want to see the nurse for advice.



Emergency contraception

If you did not use contraception or it failed during sex, you can prevent an unwanted pregnancy by:

- Emergency pills from some pharmacies or your doctor. Take these as soon as possible.
- Intrauterine device from sexual health clinics. This must be fitted within 5 days.

Seek advice from your GP or a pharmacist as soon as possible after the event.



Sexually Transmitted Infections (STIs)

Safe sex using a condom can prevent STIs. If you think you may have an STI you can get a free and confidential check-up from the sexual health clinic or from a drop-in with nurses at the Students Union.

Testing kits are also available from the SHU Medical Centre.



Talking about contraception with your partner

Practise safe sex and use contraception consistently to avoid unplanned pregnancy and STIs. If you'd like to develop your skills and confidence to discuss sex and contraception with your partner, please book a place on a session about healthy relationships. These sessions are delivered in small same-sex groups. To book a session visit: go.shu.ac.uk/ish

For more information on sexual health:

www.sexualhealthsheffield.nhs.uk

www.nhs.uk/LiveWell/sexualHealthtopics

www.hallamstudentsunion.com/advice_help/healthy_hallam

www.tht.org.uk/sexual-health

www.sexualhealthsheffield.nhs.uk/local-support-services