

Homesickness

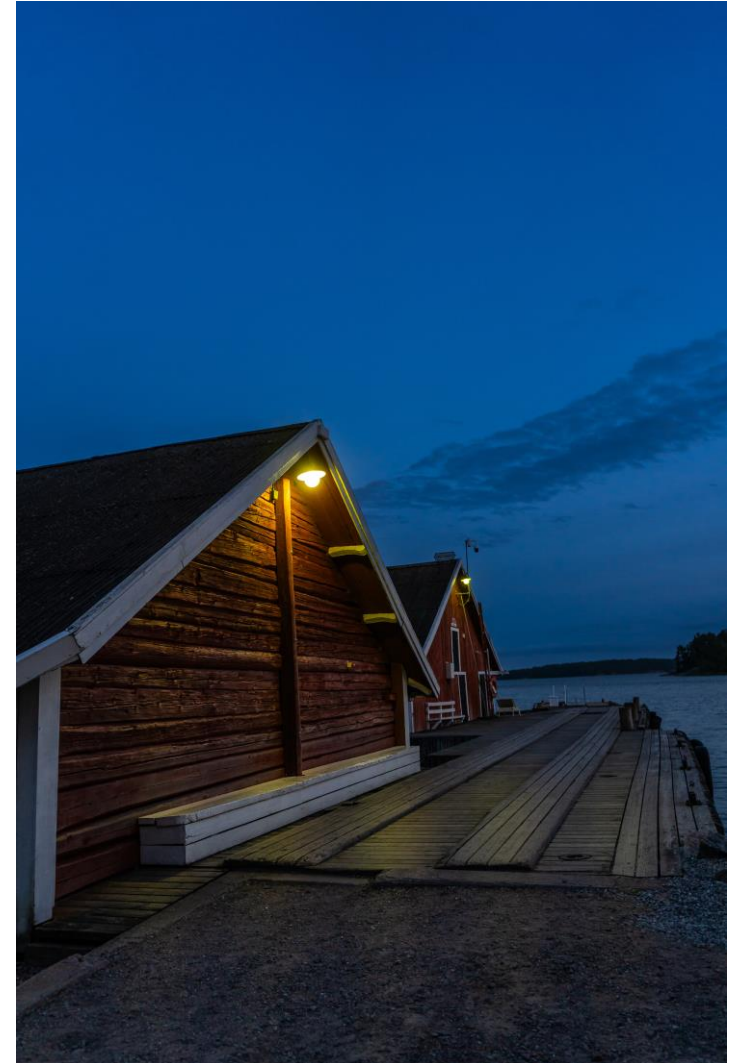
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What is Homesickness?

- A normal response to being away from familiar people and places
- Defined as: distress or impairment caused by separation (real or anticipated) from home
- Involves preoccupying thoughts of home and attachment objects
- Often accompanied by anxiety, low mood, withdrawal, or difficulty focusing
- Common in students adjusting to new environments

(Thurber & Walton, 2012)



Initial Experience

- Engaging in social and cultural activities
- Exploring the city and attending university events





Homesickness and Seeking Support

- Experienced homesickness, including missing family and pets.
- Academic performance and daily routines were affected

✚ Seeking Help in a Mental Health Crisis

- Accessing support can sometimes be challenging or delayed
- Toll fees, limited-service hours, long online queues
- These barriers can leave you feeling frustrated or overwhelmed
- In urgent situations, where you feel unsafe or require immediate help: **call 112**
- 112 provides **24/7 emergency support**, including for mental health crises

Available Resources

- **FSHS/YTHS:** General & mental health services, dental care | <https://www.yths.fi/en/service-units/turku-2/>
- **First Step Counseling:** Guidance for students unsure where to seek help | <https://www.utu.fi/en/firststep>
- **On My Mind:** Chat, helpline, peer support | <https://sites.utu.fi/mielenpaalla/en/>
- **Study Psychologist Services:** Study support, motivation, time management | Available via Student Services
- **International House Turku (IHTurku):** Multilingual advice on education and social services | <https://www.turku.fi/en/integration-services/multilingual-advice-and-guidance-service>
- **Mieli Mental Health Finland:** To promote mental health and prevent mental health issues | <https://www.mieli.fi/en>

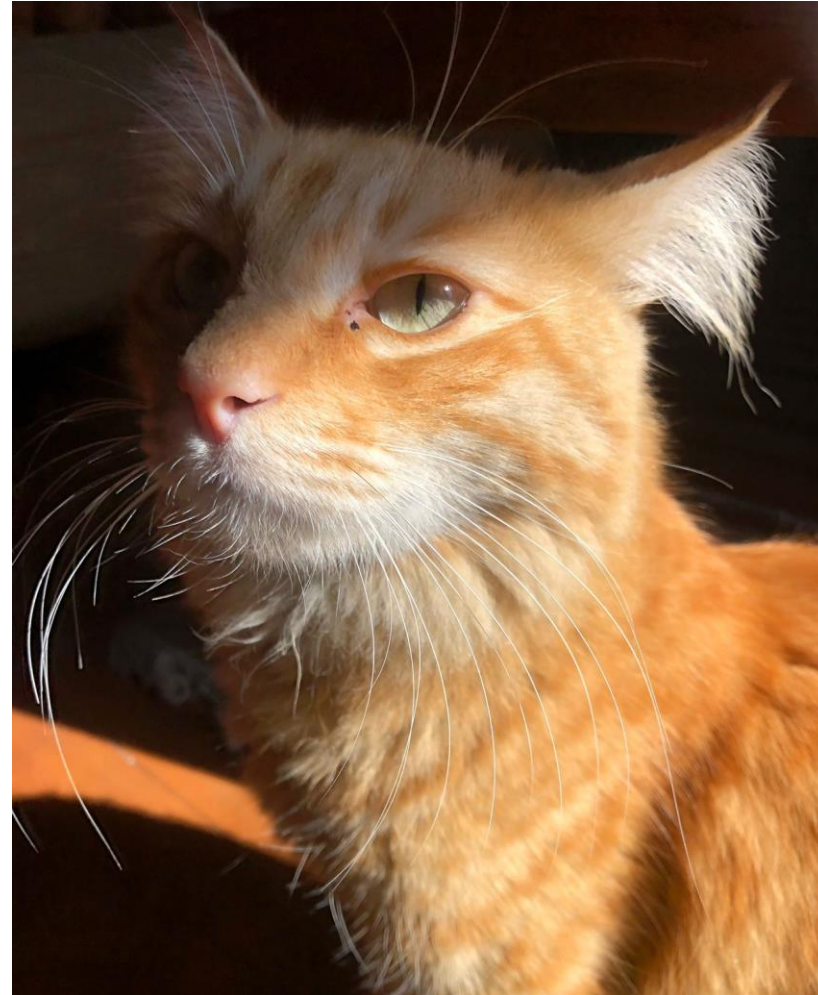
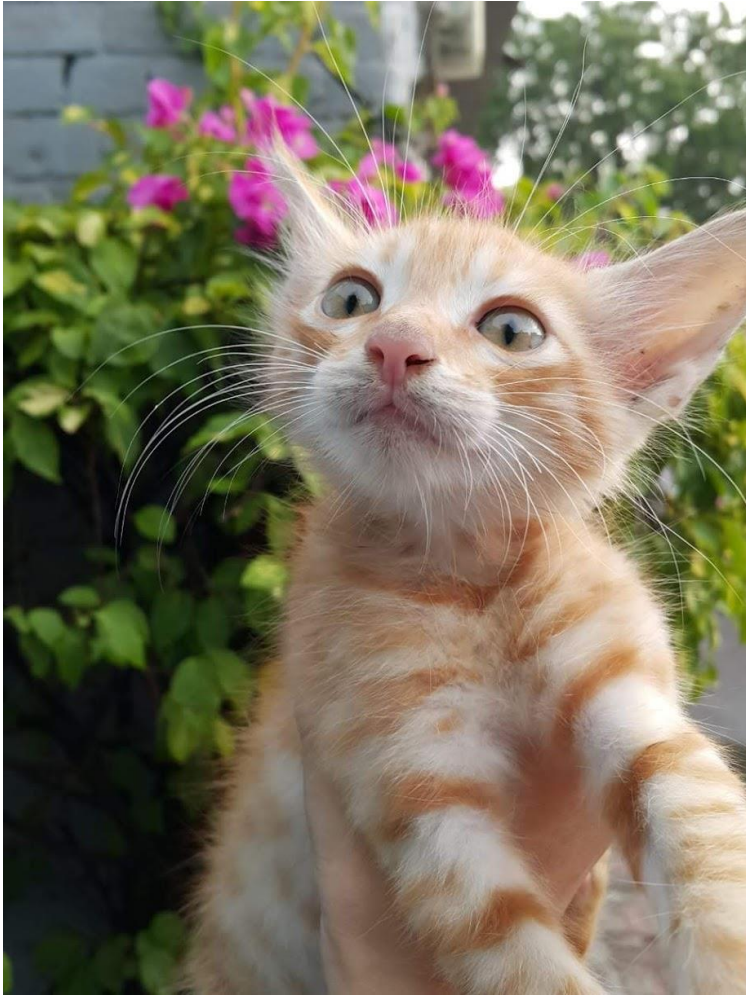


Advice from a Second-Year Student

- **Be Kind:** Treat everyone with respect.
- **Be Open:** Approach everyone with curiosity and without assumptions.
- **Balance:** Participate in activities, but rest to prevent burnout.



Who doesn't love cats?



Thank you!

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References

- Thurber, C. A., & Walton, E. A. (2012). Homesickness and adjustment in university students. *Journal of American College Health*, 60(5), 415–419. <https://doi.org/10.1080/07448481.2012.673520>