

STUDENT INFORMATION

WHAT HAPPENS IN COUNSELLING?

In counselling you can talk about problems and concerns in a safe place with someone who will support you.

You are entitled to a counsellor:

- Whom you can trust
- Who listens carefully and sensitively
- Who is non-judgemental and will not blame you for the problem
- Who will try to see things from your point of view
- Who encourages you to make your own decision
- Who will support you in any changes you decide to make
- Who will offer to refer you to other help if necessary

HOW COUNSELLING CAN HELP

A Counsellor can help you to:

- Improve how you feel about yourself
- Think about things in a new way
- Do things differently
- Reduce your stress
- Open new options or directions for yourself
- Plan and set your goals
- Explore your thoughts, feelings and behaviours
- Get to know yourself better
- Improve your relationships