



STUDENT COUNSELLING SERVICE ONLINE & TELEPHONE COUNSELLING

Why do people request Counselling?

Many people seek counselling as they are experiencing symptoms of distress that are causing difficulties in their study, work, relationships, ability to concentrate or just life in general. Sometimes we cannot express or find a reason for our distress and this often increases our anxiety. We often try other ways of coping with that distress (e.g. alcohol, drugs, risky behaviour) that may be unhelpful and can make our problems worse.

Sometimes we have a clear reason for our distress. It can be a traumatic or significant life event (e.g. bereavement, accident, end of a relationship) or, it may be a situation that is difficult to manage in the present. At this time, we are living through a health crisis that has caused major changes to our lives and communities. This may have had an impact on your mental health or made existing issues more difficult for you. We are here to support you whatever you would like to talk about.

We can offer two forms of counselling at this moment – phone or online video counselling. You can choose the option that suits you best. We will briefly outline both forms of counselling in this leaflet but please get in touch if you have any other questions.

➤ Contact us at student.support@slc.ac.uk

How can Counselling help?

Many people experience an improvement in their psychological wellbeing after talking through their problems with a counsellor. We can offer a private confidential space to work through things at your own pace. We recognise you are the expert in your own life and have control over the session content. We will try to understand your own life experiences and help you move forward. We will listen deeply, without judgement, as you explore the issues that have been troubling you.

Structure of Sessions

You will be allocated up to 6 weekly sessions, with each session being 50 minutes long. You may find that you need fewer sessions, or more, and this decision will be mutually agreed with your counsellor. You will have a dedicated time slot allocated to you for the duration of your therapy. Your counsellor will call you or meet you online at the agreed time each week for your session. You will work with the same counsellor throughout your sessions so that you can build up a relationship together.

Online Counselling

Online counselling is available to all students and full instructions on how to access this will be provided in advance of your first session. Online sessions can be helpful for students who want to speak with a counsellor face-to-face from your computer, while in separate physical spaces. If you have any questions about online counselling then our Guidance and Support Team will be happy to provide further information when arranging your appointment.

Every effort is made to provide a safe and secure environment for your online therapy with encryption software and attention to cyber security. We ask that you think about the space you will have your session in. Is it private? Will you be interrupted? Try to make sure you feel safe and secure in the environment you are in for the session.

Phone Counselling

Phone counselling will be offered for clients who prefer this way of working. This may be a good option for those who don't have a private computer space or clients who are limited by the computer technology available to them.

At the arranged time of your appointment your Counsellor will phone your contact number and the session will last for 50 minutes. Once your counselling slot is confirmed the only thing you will need to do is pick up the phone and speak to the Counsellor at the same time every week.

How can I sign up for Counselling?

If you would like more information on the Student Counselling Service or would like to arrange an appointment with the Student Counsellor, you can email student support at Student.Support@slc.ac.uk.

We would like to support you if you are going through a challenging time or have issues that would be helpful to talk about so please do get in touch.