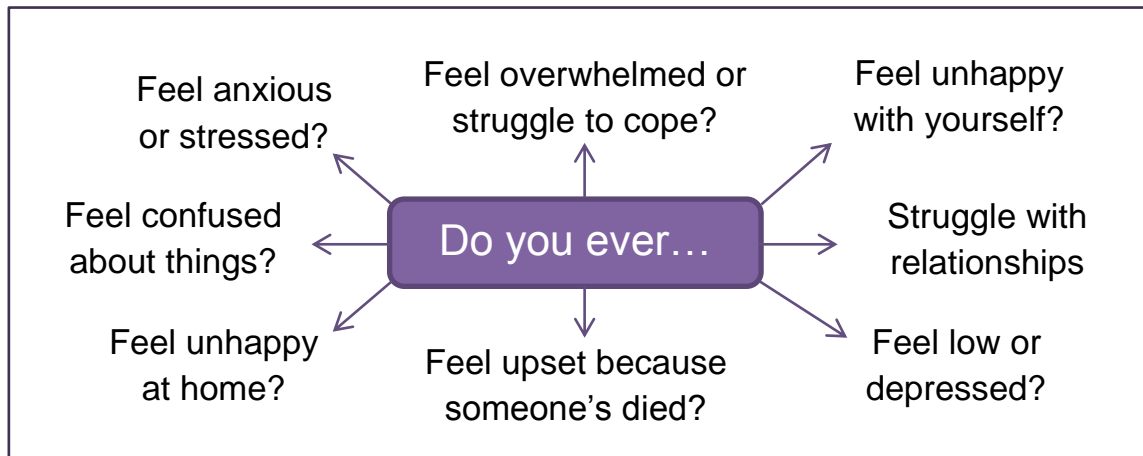










Wellbeing and Counselling



WE CAN HELP...

-  Talking to one of our counsellors can help with anything that makes you feel down or stopping you getting on with your life.
-  Our counsellors, Heather and Lucy are based in Student Services on Mondays, Tuesdays and Thursdays and will usually see you within a week of you getting in touch.
-  Nothing is too big or too small and all of our conversations remain confidential unless you or someone else is in danger of harm.

WHAT YOU CAN EXPECT...

-  You can use the sessions to talk about anything that is a concern to you.
-  Students are normally seen within a week of asking for an appointment.
-  You will typically be offered appointments slots of 45 minutes around your timetabled classes. You may see us just once, or be offered a number of weekly meetings.

YOU WILL

Be listened to, respected and understood

YOU WON'T

Be criticised, judged or told what to do

HOW DO I GET AN APPOINTMENT?



- ✎ To arrange a 45 minute appointment during a free lesson, email us on counselling@strodes.ac.uk or post a completed request slip in the secure box by the counselling room in Student Services.
- ✎ To see us without appointment come to the counselling room for a 20 minute drop-in at 12.00pm Monday and Tuesday.

INFORMATION FOR PARENTS

- If you think your son or daughter might benefit from talking to a counsellor, please remind them we are here and make sure they know how to contact us. We only see students at times they are not in lessons.
- If you have concerns or questions and would like to discuss our counselling service, please contact Naomi Brokenshire, Student Operations Manager on 01784 228606 or email studentservices@strodes.ac.uk.
- Unless a student is in danger or at risk of serious harm, we keep what they tell us confidential, so we are unable to discuss their problems or their counselling with you; this enables them to feel safe to speak openly and access the support they need.

DO YOU NEED IMMEDIATE HELP?

If you feel unsafe at any time or if you or someone else is at risk of harm, please come to Student Services or contact a member of the Safeguarding Team on 01784 228606 or email safeguarding@strodes.ac.uk.

WHERE CAN I FIND MORE INFORMATION TO HELP?

Our Moodle pages are packed with useful information, hints and tips and useful websites that you can visit in your own time.

Go to: moodle.strodes.ac.uk → Student Life → Support Available → Counselling under 'Useful Websites'

As a quick reference, here are some useful contacts:

Drink Awareness	alcoholics-anonymous.org.uk	0800 9711 650
Bereavement	hopeagain.org.uk	0808 808 1677
Depression	studentsagainstd Depression.org	
Domestic Violence	surreycc.gov.uk/domesticabuse	01483 776822
Drugs	talktofrank.com	0800 77 66 00
Eating Disorders	b-eat.co.uk	0845 6347 650
Mental Health	mind.org.uk	0300 123 3393
Suicidal Thoughts	samaritans.org	116 123
Self-Harm	lifesigns.org.uk	
Sexual Health	sexualhealthsurrey.co.uk	
Sexual Abuse/Violence	oneinfour.org.uk	01932 400 038
Young Carers	syc@actionforcarers.org.uk	01737 248111