

COUNSELLING SERVICE



Free Confidential Counselling
Service for all Students

WHAT IS COUNSELLING?

Counselling – or ‘talking therapy’ - offers you a confidential space to explore your concerns. Your counsellor will offer you a safe and supportive relationship to share your thoughts and feelings, reflect on your situation and the choices you face.

This can increase your self-awareness, your understanding of your situation and the paths that are open to you

Why come for counselling?

You do not need to be in a crisis to talk with a counsellor. People have found counselling helpful for:

- Coping with the transition to college
- Stress
- Low mood/depression
- Anxiety
- Relationships
- Feeling overwhelmed with a problem or situation
- Self-harming or struggling with suicidal thoughts
- Cultural and identity issues



FREQUENTLY ASKED QUESTIONS

Q: What do I say?

A: It really doesn't matter how you describe your problem. Sometimes you might not say very much while at other times you might find yourself talking about things you never expected to discuss. The counsellor will help you to explore your needs and may ask questions to check they understand you.

Q: What can I expect?

A: You will need to self-refer for an assessment with a counsellor prior to accessing counselling sessions.

You can access up to 6 sessions of counselling that last up to 50 minutes each, usually on the same day and time each week.

You will be given a Counselling Agreement outlining what to expect from the service and how to make your experience as helpful as possible.

The counselling service is confidential however there are limits to this. The counsellors have a duty of care to every client and will only break confidentiality if there is a risk to life. We may involve your GP and other agencies who can help.

Q: How do I access counselling?

A: You can self-refer to the service anytime by booking an initial 30-minute telephone assessment:


Please visit the [MyCity homepage](#), (you need to be logged in) then go to:

[Apps](#) > [Bookings](#) > [Counselling Assessment](#)

The aim of the assessment is for the counsellor can get to know you and help you access the best available support.

If counselling is offered after your assessment, you can have face to face sessions at either campus or telephone if you prefer.

Contact Us:

 Visit the MyCity homepage (you need to be logged in) then it's as easy as A, B, C....


Apps > **B**ookings > **C**ounselling Assessment


 All other enquiries: counselling@cityofglasgowcollege.ac.uk

 Follow us: @COGCWellbeing


Need Help Right Now?


Breathing Space

 (Confidential emotional support): 0800 83 85 87


 www.breathingspacescotland.co.uk

Samaritans

 (24/7 emotional support): 116 123
or email jo@samaritans.org

 www.samaritans.org

NHS 24 helpline

 (Urgent health advice): 111

Emergency Services

 999