

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 either:-

- speak to your course or guidance tutors, who can make a referral on your behalf or
- you can contact the Head of Student Services, the Depute Head of Student Services or the Guidance & Support Advisor on SLC's student support e-mail address:
Student.Support@slc.ac.uk

We would like to support you if you're going through a difficult or challenging time to ensure you have the best opportunity of completing your course of study.



Useful Contacts

Samaritans: 116123
(this is a free phone no. available 24 hours a day/7 days a week)

Breathing Space: 0800 838587

Childline: 0800 1111

LGBT Youth Scotland:
0131 555 3940

Scottish Trans Alliance:
0131 467 6039

SAMH: 0141 530 1000

Women's Aid South Lanarkshire:
01355 249897

Victim Support: 0345 603 9213

NHS24: 111

South Lanarkshire College
College Way
East Kilbride
G75 0NE
Tel: 01355 807780
www.slc.ac.uk



South
Lanarkshire
College
East Kilbride

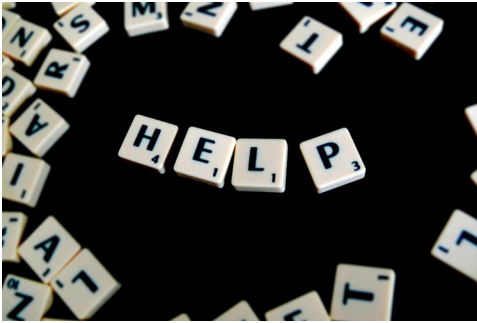
STUDENT COUNSELLING SERVICE



www.slc.ac.uk

What do I need to know?

Why do people come for 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. Often we try other ways of coping with that distress (e.g. alcohol, drugs, risky behaviour) that are often unhelpful and can exacerbate our problems and issues.

Sometimes we have a reason for our distress. It can be an experience or 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 and is getting out of control. Sometimes we cannot express or find a reason for our distress and this often increases our anxiety.

How Can Counselling help?

Many people experience an improvement in their psychological wellbeing after talking through their problems with a counsellor.

What can I expect from my Student Counsellor?

The Counselling you will be offered is 'Person Centred'. This type of Counselling was developed by American Psychologist, Carl Rogers, in the 1940's. At its core is the belief that by providing the right conditions in which to explore feelings, a client (you) is capable of growth, change and increased self-awareness.

During the sessions provided, you will not be given advice or be 'told' what to do by the Counsellor. You will be allocated up to 6 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 the Counsellor.

Counselling usually takes place on campus and is face to face however, telephone and online options are available. You will have a dedicated time slot allocated to you for the duration of your therapy and your Counsellor will call or meet with you at that agreed time each week for your session.

You should feel valued and have equal standing in the relationship. We recognise you are the expert in your own life and have control over the session content. You will be respected as the unique person you are with your own life experience which the counsellor will endeavour to understand. We will listen deeply, without judgement, as you explore the experience and issues that have been troubling you. Through this process, as you increase in self-awareness and self-acceptance, you will find ways to better deal with your situation.

What do we expect from you?

Just as you will be valued by the Student Counsellor, it is important that you understand your commitment to the process. You can show this by making yourself available at your session time and when you cannot make your session, for whatever reason, giving as much notice as possible in order that the time can be allocated for other uses.



The hard part.

Very often, we experience difficulties in life because we suppress distressing feelings and emotions and refuse to talk about them. The Counselling process encourages you to talk openly about these things and this can be very painful and sometimes frightening. The Student Counsellor will support you and keep you safe by exploring these issues at your pace.