

A service
available for
all students

Counselling Service



What is Counselling?

Counselling is:

- ⇒ About listening and helping you to understand your feelings and your life so that you can make choices and change your life if you want to.
- ⇒ Available as a service to current students only.
- ⇒ Free of charge whilst you are a student here at the college.
- ⇒ Here to assist you to find the best solution to your concerns.
- ⇒ **Not** about giving advice or telling you what to do.
- ⇒ About providing you with the time and space you need to resolve your concerns.
- ⇒ **Not** a magic cure or a quick fix, but if you give it a chance you can really feel the difference.

Confidentiality

Counselling is confidential, that means we won't tell your family, teachers or friends what you say. But there are some issues and situations where we cannot promise absolute confidentiality. We will explain these to you at your first appointment and we would tell you if we intended to break confidentiality.



What is Counselling?

What can you talk about?

Anyone can experience thoughts and feelings that are distressing or affect their ability to concentrate on their studies.

Examples of problems people seek help with through counselling are:

- ⇒ academic worries/pressures
- ⇒ self harm
- ⇒ anxiety and depression
- ⇒ panic attacks
- ⇒ suicidal thoughts
- ⇒ drugs and alcohol
- ⇒ sexual violence
- ⇒ bereavement
- ⇒ issues of sexuality
- ⇒ relationship difficulties
- ⇒ family problems
- ⇒ eating disorders
- ⇒ issues with self-esteem
- ⇒ Issues with confidence
- ⇒ any other experience

Whatever your problem, you are welcome. What can you expect?



The initial session is for you to find out about counselling and if it's for you. You will be offered 6 sessions, but may have more or less. Sessions take place in G46, are one to one and for 50 minutes.

Most of the time we will be able to help you at the college but we can refer you to another organisation if necessary.

What are the options?

Making an appointment

If you decide you want to speak to a counsellor you will need to complete a referral form; these can be found on the ground floor LRC reception (behind the main reception desk) or ask at helpdesks.

- ⇒ You can call into the Communications Faculty Helpdesk on the 2nd Floor and fill in a referral form
- ⇒ You can telephone Jackie Cole on 01782 848736 ext 296 or email jackie.cole@stokesfc.ac.uk
- ⇒ You can ask your tutor to make an appointment for you

In an emergency

If you are looking for help in an emergency you could try one or more of these options (open 24 hours):



- ⇒ phone for an ambulance on 999
- ⇒ visit the Accident & Emergency Department
- ⇒ phone NHS direct on 0845 4647
- ⇒ contact your GP or out of hours GP support

Further support

In addition to the services mentioned above, if you are looking for someone to talk to outside of the Counselling Service's opening hours, you could try:

- ⇒ [The Samaritans](#) 08457 909090 (open 24 hours-a-day)
- ⇒ [Staffordshire Mental Health Helpline](#), 0808 800 2234 (7pm - 2am weekdays, 2pm - 2am weekends).