

The Counselling Service

The Counselling Service offers an opportunity to discuss issues and concerns in a safe place.

These may be concerns which have arisen recently or some things that have been worrying you for some time.

Students and members of staff who feel they need to talk about difficult feelings they are experiencing are welcome to contact the Counsellor.

When is Counselling available?

Counselling is available Monday – Friday between 8.30am – 4.30pm, you will be seen within 7 working days.

Same day crisis appointments are usually available with a Counsellor.

What is Counselling?

The Counsellor is trained to listen and help you cope with your feelings and move forward. It is a confidential service where you can explore your feelings and understand what is going on for you.

What kind of things can I share?

Anything that causes you uncertainty or distress, for example:

- Anger management
- Pre and post abortion counselling
- Miscarriage counselling
- Difficulty in making decisions
- Relationships with others
- Feeling anxious, sad or lonely
- Addictions
- Depression
- Other service offered - 'Cool Down' session
- Or anything else that is of concern to you

Will the Counsellor tell me what to do?

No – only you can choose the best way forward for yourself. However, the Counsellor will help you look at your choices and explore your difficulties.

Will it be confidential?

Counselling remains confidential in virtually all circumstances. Exceptions to this will be explained at your first meeting. Tutors or teaching staff will not be informed of your appointment, unless you want them to be.

How will information about me be kept?

Written records conform with the Data Protection Act of 1998 i.e. kept securely and destroyed after 6 years. You are entitled to see these records.

How your information will be used

No personal details will be passed on without your consent. However, your generic information may be used for data and research.

Who is the Counsellor?

Trinder Jaspal is the Counsellor who is BACP accredited and widely experienced. Trinder works to the British Association of Counselling and Psychotherapy (BACP) Ethical Framework for good practice in Counselling and Psychotherapy.

Where to find us

The Counsellor is based in the Science Park campus (C007) in the Student Services Centre. To make an appointment call into the Student Services Centre or contact Trinder direct on tel: 01223 418355 or email tjaspal@camre.ac.uk

Helpful websites

www.horsemouth.co.uk

www.youthoria.org

www.youngminds.org.uk

College Counsellor

Tel: 01223 418355