

The counselling service



The Counselling Service provides confidential support if you are experiencing distressing psychological or emotional problems which affect your studies or general wellbeing.

Counselling offers an opportunity to talk freely about your concerns in an active, collaborative process. It can help you develop an increased understanding of yourself by exploring how you think, behave and feel about an issue and help you find appropriate ways to make changes in your life.

Our service provides a supportive pathway with a stepped care model; this means that you can access help quickly and get the most effective help for your needs:

- ◆ We offer something called **Single Session Therapy (SST)**; the model is designed so that students can walk in, fill out two simple forms and be seen by a counsellor. Single Session Therapy is designed to address students presenting concerns within one session. This appointment is usually sufficient for many students.
- ◆ This is also the entry-point to our other counselling services, should a student present with more complex needs. We offer longer-term counselling over a few weeks or months, should this be appropriate.

To access counselling with one of our professionally qualified therapists, and to discuss any issues in confidence, Student Services runs a Wellbeing Drop-in for all students open Monday to Friday 11 am-3pm.

All you need to do is go to the Student Welfare Advice and Guidance Information Point in the Alsop Building, University Square, Brownlow Hill (building 759 on the campus map).

As the University is closed due to the COVID-19 lockdown, the counselling service is now offering online support through phone and email between 9 am and 5 pm each day. In addition, there are a number of online services that you can access via the counselling service webpages, including Big White Wall and SilverCloud.

You can find more information on www.liverpool.ac.uk/counserv

Counselling Service



"The ambience was perfect. The counsellor was very careful, listened to me well, helped motivate me and gave good techniques"

"The person I talked to was very understanding and willing to help"

"I realised what the root of some of my problems/feelings was, and now have practical steps to take"

Feedback from students who have accessed Single Session Therapy during June/July 2019