

Brooklands  
College

# Student Guide to Counselling Services



## What is counselling?

Counselling is a type of talking therapy that will help you to explore your experiences so that you can understand them better, enabling you to cope with any problems and difficulties in a positive way.

## How does it help?

Counselling is available to any student who feels the need to talk to somebody in a calm, non-judgmental, confidential environment about anything that is worrying them.

## You might want to talk about:

- ✓Anxiety ✓Depression ✓Self Harm ✓Stress ✓Family ✓Relationships
- ✓Bullying ✓Sexuality ✓Bereavement ✓Self Confidence/ Esteem ✓Abuse
- ✓Anger ✓Problems with food ✓Alcohol or drug misuse ✓Panic attacks
- ✓Loneliness

Whatever is worrying you, it might help to talk things over with a counsellor who is trained to listen and who won't judge you. Counselling is not about giving advice. It is about supporting you and helping you work through whatever is worrying or upsetting you. Your counsellor is there to understand how things are for you.

Sometimes it can be difficult to talk to family or friends about how we are feeling, either because we don't want to worry them, we think they might think badly of us, or because they are actually part of the problem.

## Find out more:

Take a look at the following for help, advice and to connect with a community.



## Counsellors

Every counsellor has their own individual style of counselling, but all of our counsellors will offer the following to every person they work with:

- ▶ We will listen to you, accept you for who you are and be honest with you.
- ▶ We will view the counselling session as 'your space' and allow you to choose what you want to discuss.
- ▶ We will keep the content of the counselling session confidential, unless your counsellor believes you are in immediate danger of being harmed or of harming others.

Our counsellors are member of the British Association for Counselling & Psychotherapy. They abide by its Ethical Framework for Good Practice and is subject to its Professional Conduct Procedure.

For more information please refer to: [bacp.co.uk](http://bacp.co.uk)



## Confidentiality

With regards to any personal details held, we hold and process your data securely in accordance to our legal requirements (GDPR).

## Your sessions:

🕒 Sessions are 45 minutes long and they will usually take place at the same time and day of each week.

📅 You will be offered up to 6 sessions. You may be able to extend this if required. This can be discussed with your counsellor.

If you are unable to attend a session, or wish to finish counselling, please message the counsellor. Counselling is voluntary and therefore it is your decision whether to come or not.



### **Useful mobile resources:**

Why not download these tools? Alongside your counselling session, they can be used to help you manage your mental health.

### **To help:**

Need a distraction or advice? Try these apps:

Calm harm, Stopp, SAM, Tryaudioselfhelp, Stress and Anxiety companion, Youper

### **To relax:**

These help you to relax, meditate or sleep. Download these apps:

Calm, Headspace, Brain.fm, Noisli, Softmurmur, Sleepo

### **To learn:**

Keep your mind active by learning more. Look for these apps:

Self Help, good-thinking.uk, Wikium, Neuronation, Elefriends, Lumosity

### **Make an appointment:**

All you need to do is complete a counselling form on the student net, or from the Learning Resource Centre, Reception or Progression Mentor and send to [counselling@brooklands.ac.uk](mailto:counselling@brooklands.ac.uk) or post in the metal box outside the counsellor's office MA6.

### **Where/how?**

The counsellor will be in touch with you to arrange your first session. This will be via phone or email, and within a week of receiving your referral form.

### **Crisis Information:**

If you don't feel like you can keep yourself safe, seek immediate help:

- Go to A&E. You can take yourself, call for an ambulance or ask someone else to take you.
- Freephone Samaritans on 116 123, NHS England on 111 or text (for free) SHOUT to 85258, for support through the crisis.
- Contact your GP and ask for an emergency appointment.
- Contact your local crisis team. You can do this by searching on [www.rethink.org](http://www.rethink.org)
- Youth Mental Health CYP Haven – [www.cyphaven.net](http://www.cyphaven.net)
- Adult Mental Health Safe Havens – [www.sabp.nhs/safehaven](http://www.sabp.nhs/safehaven)

**Congratulations, this is the first step. Don't stop now...**