

COUNSELLING SERVICE

HOW CAN COUNSELLING HELP?

Talking about areas of difficulty with someone who is outside the situation can help you to clarify your thoughts and feelings. Counsellors do not give advice or tell you what to do. Talking with a Counsellor may help you to understand yourself, and the events and patterns in your life, better. You may feel enabled to make choices that are right for you.

No-one needs to know that you are seeing a Counsellor. You have nothing to lose by doing so, and you may well find it a supportive and helpful experience.

WHEN MIGHT SOMEONE TALK TO A COUNSELLOR?

You might wish to speak with a Counsellor when something has happened in your life which is hard to manage. This may be a distressing event such as bereavement, a relationship break-up or bullying. It may be a longer-term difficulty, such as an eating disorder, anxiety or depression. No difficulty is considered too small; you are welcome to discuss any concerns with a Counsellor.

COUNSELLING SERVICE AVAILABILITY

At all the campuses, there is an “in house” Counselling Service which is available throughout the year. During term-time appointments are offered on most weekdays and there is a reduced service during vacations. The Service is free and students have an entitlement of up to six sessions. Counselling is available through the medium of Welsh or English at the Carmarthen and Lampeter campuses. Appointments are usually made with the receptionist in Student Services on the relevant campus. The telephone numbers for Student Services on each campus are:

Carmarthen Campus	Lampeter Campus
01267 676830	01570 424876

Swansea Campuses	London Campus
01792 481206	0207 5667600

OTHER SOURCES OF SUPPORT

If you are feeling acutely distressed outside office hours, or wish to talk to someone in an emergency, you can telephone Samaritans:

Samaritans	116 123 or 08457 909090
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A range of information is available in the Student Services section of the University’s website, including the following:

Students’ Union, University of Wales Trinity Saint David: www.tsdsu.co.uk

Samaritans: www.samaritans.org

Students Against Depression:
<http://studentsagainstdepression.org/>

National Institute of Mental Health:
www.nimh.nih.gov