

# WAITING FOR COUNSELLING

*A self-help guide to use while you are waiting for Counselling*

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## HOW YOU CAN HELP YOURSELF

While you are waiting for counselling, there are many things you can do to help yourself:

1. You can talk to other members of staff who might be able to help with your situation
2. You can also begin working on the issues that you want to bring to counseling using the self-help change plan. (Please ask for details from the Student Services Advisors)

### Who you can see

- If the issue you are bringing to counselling is affecting your academic life (i.e. if you have difficulties with your attendance or with deadlines), it may be useful for you to see your Tutor or Programme Leader to explain your situation and discuss the possibility of extensions or other negotiations.
- If your difficulties are financial, you should make an appointment to discuss these issues with Joey McGurk, our Financial Advisor.
- If you want advice or guidance about a referral to an outside agency, you should seek the advice of our Student Services Advisors, Jess Solan and Catherine Wilkinson.
- You may decide to go and see your G.P to discuss the medical implications of your situation.

### What you can do

- Book Therapy

There are a number of self-help books in the LRC . The books are situated near to the reception desk but if you have any problems finding the self-help books or want a list of available books, please ask the LRC staff for help or contact the Student Services Advisors.

- Self-Help Change Plan

Available from Student Services is a self-help change plan with questions you may find helpful to think about before engaging in the counselling process. Giving thought to ideas about changes in your life may help keep you focused. If you feel that you need help with this, the Student Services Advisors will give you guidance.

- Information Leaflets

Situated in Student Services are leaflets covering a wide variety of issues and difficulties that students may face. Please ask if you are unsure where to find them. If the information you require is not available please email the College Counsellor who will help you access the information you need.

- Other Self-Help resources

In the following section you will find some sources of information that will help you begin to understand issues and hopefully gain some insight and awareness.

[www.student.counselling.co.uk](http://www.student.counselling.co.uk) this website has been set up to :

- Provide information about support available to students in the UK
- Help family and friends of students to find out what support is available
- Provide easy access to pages dealing with common student psychological and emotional problems
- Provide links to other sources of help for such problems

[www.bbc.co.uk/headroom](http://www.bbc.co.uk/headroom) A BBC created site promoting good mental wellbeing. Offers information, well being videos and tackles a different mental health issue each week

[www.nhs.uk](http://www.nhs.uk) This website can give you information on a variety of health issues and access a wide range of health related websites. **NHS Direct Telephone Helpline is 0845 4647**

[www.myh.org.uk](http://www.myh.org.uk) This is the Muslim Youth Website with a confidential helpline **0808 808 2008**. The e-mail address for help is [help@myh.org.uk](mailto:help@myh.org.uk).

[www.studentdepression.org](http://www.studentdepression.org) This site offers UK students comprehensive information and discussion about:

- What depression is and how it works
- What contexts depression flourishes in
- Self-help strategies for tackling depression
- How to get further support and help

[www.samaritans.org.uk](http://www.samaritans.org.uk) Is the information site for The Samaritans. The confidential helpline is **08457 90 90 90**. You can also email them on [jo@samaritans.org](mailto:jo@samaritans.org). This is also a confidential service.

[www.mind.org.uk](http://www.mind.org.uk) Is the information site for MIND, a leading mental health charity in the UK. The site gives information in different languages on a number of emotional and psychological issues. The Mind leaflets found in College can be accessed through their website.

[www.b-eat.co.uk](http://www.b-eat.co.uk) This is the site for the Eating Disorders Association with information and help on a range of eating distress. The Adult Helpline (over 18) is **0845 634 1414** or e-mail [help@b-eat.co.uk](mailto:help@b-eat.co.uk) and the Youthline (up to and including 18) on **0845 634 7650** or e-mail [fyp@b-eat.co.uk](mailto:fyp@b-eat.co.uk). Please check the website for opening hours.

Middlesbrough Domestic Forum (MDVF) provides support and advice for women suffering from domestic violence and links with support organizations in the area such as My Sisters Place. Tel **01642 241864**. E-mail support can be accessed at [Support@mysistersplace.org.uk](mailto:Support@mysistersplace.org.uk).

[www.users.zetnet.co.uk/bcsw](http://www.users.zetnet.co.uk/bcsw) Is the website for the Bristol Crisis Service for Women, a national voluntary organization that supports women in emotional distress. It is particularly concerned with women who harm themselves (often referred to as self-harm). Tel **0117 925 1119**. Check site for opening hours.

[www.firstsigns.org.uk](http://www.firstsigns.org.uk) This is another website with information about self-injury and includes a section for male self-injury.

[www.adfam.org.uk](http://www.adfam.org.uk) A national charity working with families affected by drugs and alcohol and is a leading agency in substance related family work. Tel. **020 7928 8898**

The Albert Centre is a local organization offering support and counselling for drug and alcohol dependency. Tel. **01642 218361** [www.sane.org.uk](http://www.sane.org.uk) National Mental Health helpline, open daily 6 – 11pm on **0845 767 8000**.

[www.socialanxiety.org.uk](http://www.socialanxiety.org.uk) Is a website for those struggling with social anxiety and offers information and links to supportive chatrooms

[www.anxietyhelponline.com](http://www.anxietyhelponline.com) An American website dedicated to helping individuals suffering from anxiety disorders, panic attacks, depression and stress

No Panic. Provides a helpline and support for those who suffer from anxiety problems Tel. **0808 808 0545**

[www.youngminds.org.uk](http://www.youngminds.org.uk) A national children's and young peoples mental health charity for those under 25. Committed to improving the mental health of children and young people

[www.crusebereavementcare.org.uk](http://www.crusebereavementcare.org.uk) Cruse Bereavement Care exists to promote the well-being of bereaved people and to enable anyone bereaved by death to understand their grief and cope with their loss. Provides information, advice, counseling and support

[Enquiries@mesmacteesside.co.uk](mailto:Enquiries@mesmacteesside.co.uk) Mesmac is an organisation giving support and counseling to gay and bisexual men. Links to organisations supporting lesbian and bisexual women. Tel. **01642 804400**

This is not an exhaustive list – You may find other information regarding access to help or guidance in the **Need 2 Talk** leaflet available from Student Services or from the **Student Services Advisors**.