

The University of Nottingham Counselling Service Transcript

MARKETING DESCRIPTION: Introductory video to the University of Nottingham Counselling Service offering support to students and signposting their services.

WEBSITE: <https://www.nottingham.ac.uk/counselling/>

Welcome to the University of Nottingham Counselling Service.

We are a team of experienced professionals.

Who provide confidential counselling and support to students, and staff, studying and working on the UK campuses.

This video will provide you with some ideas of the support that we offer.

Sometimes it can be hard to acknowledge that you are struggling and might need to talk to someone.

It can help if you can confide in someone in your daily life, like your friends or family, or if that is not possible or if they can't help then you can turn to a support and well-being officer, your personal tutor in your school, or staff at the student services centre.

If you are a staff member your line manager or a supportive colleague might be of help.

If you still feel you need more help you might decide you need professional psychological support.

On our website you will find links to resources that we think you'll find useful, apps we have road tested and some of our favourite self-help reading materials.

Using our specialist knowledge of university life the counselling service have developed a range of interactive workshops to help you to manage your stress, feel calmer, understand depression, set realistic goals and be kinder to yourself.

The workshops are friendly, safe, and enjoyable sessions and you can book on to them by going to the counselling service website.

If you feel that you need to talk to a counsellor on a 1-to-1 basis then please register for an appointment.

We provide a number of counselling consultations every weekday but we don't have a waiting list.

At busy times, these appointments get booked up really quickly. You might need to try a few times.

We will do everything in our power to provide as many appointments as possible.

In most cases 1 to 5 sessions is sufficient.

You don't have to have it all clear in your head beforehand, but it can help to have a think about what you would like to get from your appointment.

Your counsellor will ask you to tell them about the difficulties that you are having, and will listen carefully, asking questions to ensure that they have a good understanding of what you are struggling with.

It is a safe space to talk about your situation and if you need to express how you are feeling.

A therapeutic group can be the next step after you have seen someone for 1-to-1 counselling.

In a group you can benefit from sharing your own and hearing other people's experiences.

People attending our groups say that they are really helpful and reassuring.

Whatever kind of support you decide to access, we will provide you with a welcoming, safe, space.