



Lincoln Bishop
University



Counselling Service



An independent, free and confidential counselling service is available via Student Advice & Wellbeing at Lincoln Bishop University.

What is counselling?

All of us experience difficulties in our lives from time to time; we sometimes resolve these on our own or with the help of friends and family. However, there are times when counselling can be helpful.

Counsellors generally do not give advice, their role is to help you focus on and understand more clearly, the issues that trouble you.

This process involves offering support, understanding, listening and responding in a non-critical, non-judgmental way.

Counselling can help you to make decisions and changes that are right for you.

Who can benefit from counselling?

Most personal, relationship or identity problems can be helped by counselling. If you have anxiety, stress or depression, family or relationship difficulties, low self-esteem, work or study worries, or more specific issues such as addiction or an eating problem, counselling may be of benefit to you.

Accessing the counselling service

Students can access up to 6 counselling sessions per year. We refer students to an off-campus, independent Counselling Practice in order to ensure a satisfactory level of discretion and confidentiality for students using the service.

If you would like to be referred to the counselling service please come and speak to a member of the Student Advice & Wellbeing Team. With your permission we will pass on your preferred contact details to the counsellors who will then contact you to arrange a convenient appointment.

Confidentiality

Any information you disclose to Student Advice & Wellbeing before a referral takes place will be handled sensitively and professionally in

line with Student Advice & Wellbeing's confidentiality policy. You do not need to disclose the nature of your problems to Student Advice & Wellbeing if you would prefer not to – a referral can still be made.

Everything you discuss with a counsellor is confidential and will not be revealed to anyone outside the service without your express consent, though in very rare circumstances confidentiality may be broken if it is believed that there are serious risks to your own or others safety.

Moving on from Park Practice Counselling

You can access up to 6 counselling sessions per academic year through the university, after this, if you feel that you would benefit from more counselling support, we will be happy to help you explore further options.

You may consider accessing counselling through Steps2Change. Steps2change is a free NHS service that provides a range of evidence based talking therapies for problems such as depression, anxiety, post-trauma reaction, panic, phobia and Obsessive Compulsive Disorder (OCD).

You can be referred to Steps2Change by your GP, or you can complete a self-referral online. After submitting a referral, you will be added to a waiting list and for this reason, we encourage you to discuss this next step with your Counsellor or a Student Adviser prior to completing your sessions with Park Practice.



For more information, please contact the Student Advice & Wellbeing team.

 studentadvice@lincolnbishop.ac.uk

 **01522 583600**

 lincolnbishop.ac.uk/studentadvice

Available Hours

Monday: 8:30am – 5:00pm

Tuesday: 8:30am – 5:00pm

Wednesday: 8:30am – 5:00pm

Thursday: 8:30am – 5:00pm

Friday: 8:30am – 4:30pm

If you require this document in an alternative format, for example in large print, please contact Student Advice & Wellbeing.