

What do Students say about the Counselling Service?

Newidiodd fy agwedd tuag at bethau heb i mi hyd yn oed sylwi

I was surprised by how much it worked

I think I would be in a very different situation if it wasn't for my counsellor...she taught me things about myself that will benefit me for the future, gave me useful information and was always willing to listen.

I feel I gained a huge amount from it

I am completely rid of the disabling feeling I used to have and it feels wonderful!

I felt the staff were all welcoming friendly non-judgmental and helpful

Life changing...a huge, huge thank you!

It was a lot less stigm weird and 'abnormal' than I thought...

The support I received saved me from a time that I really did think that I was in a pit that I couldn't get of... I feel like a new person now and can't thank the team enough

Having had counselling, I see a huge improvement in myself. Not only am I now able to cope with the situation I am in, but I understand more things about myself that I never thought about before Most importantly that its ok to ask for help when I begin to struggle with things