

Counselling for Students based in the Wrexham area

Bangor University has an arrangement with Glyndwr University to provide confidential counselling for its students.

What is counselling – is it for me?

Counselling offers the opportunity to talk confidentially to a professional trained counsellor about any emotional or practical issues that might be worrying you while you are a student. Talking about a problem often helps a person to better understand their emotional state of mind and to put their worries in context. You will be offered a service by highly trained counsellors who have a long experience of how your problems may impact on your learning at University

Why would I need counselling?

Studying overseas is a time of great change in a person's life and whilst this can be very exciting and rewarding, being away from home and familiar surroundings can leave students feeling disorientated and anxious. The issues that students bring to counselling are many and varied. Students come to talk about problems with their course work, worries about exams, family difficulties, money worries, concerns about relationships, depression, anxiety and suicidal thoughts, bereavement and homesickness. These are some of the reasons someone may request counselling but of course there may be other reasons and it may be that things just don't feel right for the person at the time.

How do I make an appointment to see a counsellor?

You can telephone or email the Counselling Service. You will be asked to fill out a short form (this can be done by email) and on receipt of this an appointment will be arranged for you. Counselling is confidential and personal names and reasons for seeking counselling are not disclosed.

Telephone: 01978 293266

Email: counselling@glyndwr.ac.uk