

Bangor University
**Student
Counselling
Service**

[www.bangor.ac.uk/
studentservices/
counselling](http://www.bangor.ac.uk/studentservices/counselling)

*The Student
Counselling Service
offers a variety of
resources to support
during your time
at University.*

We encourage you to view contact with us as a journey towards developing psychological well-being and emotional resilience.

As a first step, we suggest you visit our online self-help resources, look at SilverCloud our c-CBT programme, or register for one of our iCan workshops.

How about trying our Mindfulness Drop-in sessions or arranging to borrow a book from our library? Counselling Sessions are also available for you if you would benefit from one to one support.

The Journey...

Self-help Materials on our website

Self-help links are available to a wide range of sites - on topics like managing anxiety, depression, procrastination, exam stress, bereavement, addictions, sleep, eating disorders & abuse issues. They include downloadable podcasts to help with relaxation and meditation skills along with exercises to encourage a good night's sleep. Information Handouts prepared by our Counsellors are also available on topics like settling in, homesickness, exam stress and trauma.

[www.bangor.ac.uk/studentservices/
counselling/index.php.en](http://www.bangor.ac.uk/studentservices/counselling/index.php.en)

Silver Cloud – is an online web based programme available to students at Bangor University. It uses cognitive behavioural techniques, practical exercises and other self-help tools and strategies to help you understand and address common problems such as anxiety, depression and stress.

Counselling Service Library - we have a library of over 80 titles on a range of self-help books that are available for clients of our service to access for short loan periods. We are happy to advise you of a title suitable for your needs.

iCan workshops

A programme of themed Workshops focusing on common life challenges with the aims of enhancing understanding and providing proven coping strategies. These Workshops are open to all students. Some require advance booking, others are open to Drop-in attenders.

Workshops will be held on Wednesday afternoons. Further information about each Workshop including venue and time can be found on our website.

**Very
insightful &
informative**

**Enjoyable
& useful**

**Sharing
similar
experiences
makes me feel
normal**

**Fantastic
Workshop**

Mindfulness

Mindfulness involves paying attention to our thoughts, feelings, sensations and impulses, deliberately, in the present moment without judgement, bringing curiosity and acceptance to all our experiences whatever they are.

It can offer you skills for understanding, managing and improving the functioning of your minds.

We offer opportunities for all students to learn Mindfulness skills by our provision of...

- **Mindfulness Meditation Drop-in sessions held weekly throughout the academic term from Week 4 of Semester 1 onwards every Wednesday afternoon.**

Sessions will focus on a variety of themes and participants will have an opportunity to experience and reflect on different Mindfulness practices. Further details of the programme can be found on our website.

Absolutely loved the drop-in sessions and often recommended them to friends

- **An 8 week Mindfulness Based Stress Reduction Course run in Semester 2.**

Attendance is by application only and all students can apply.

An inspiring and enriching 8 weeks - it's changed my attitude totally

Support Sessions

Half hour appointments are available on weekdays providing an opportunity to explore immediate difficulties and consider what might be helpful. You might be guided to try our self-help resources or you may be offered an assessment appointment to see whether individual counselling sessions are required. Support Session appointments are allocated on a first come, first served basis so it's best to contact us early in the day to make an appointment.

Individual Counselling Sessions

These are offered where it is felt that a series of one to one sessions would be helpful to progress on more complex or longer- term difficulties. Our Counsellors are all fully qualified and offer a range of psychotherapeutic approaches to meet varying needs. Core team members are accredited with professional psychotherapy bodies. Generally, we offer brief therapeutic help but longer term work is arranged where appropriate and this may be offered in a group setting.

Feedback...

During the academic year of 2015-16 **87% of students who used the Student Counselling Service stated they were satisfied/very satisfied with the Service.** Recent feedback included the following comments:

Thank you for listening and never judging

I have gained confidence and motivation to do things at university that beforehand i wouldn't do'

Fast & effective

Very friendly & approachable

They are professionals for a reason!

It really made me feel like my concerns were actually relevant and that I mattered

A safe space to talk

An amazing service for all Bangor students

My counsellor was fantastic. She asked the right questions allowing me to expand on the sensitive topics at my own pace and did it all with a sense of empathy

Provided excellent support when I needed it

The Student Counselling Service is a member of the British Association for Counselling and Psychotherapy, adhering to its policies on confidentiality and data protection. All counsellors have professional post graduate qualifications in Counselling and/ or Psychotherapy, and provide a variety of helping interventions.

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www.bangor.ac.uk/studentservices/counselling



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