




PRIFYSGOL  
**BANGOR**  
UNIVERSITY

**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  
you 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 the Big White Wall website, attend one of our building resilience lectures, or register for one of our iCan workshops.
- How about Mindfulness 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.

***Grateful to the University for providing this very professional service***

***Surprised at how much I had improved***

***A safe place to talk***

# 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 and 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/student-services/counselling/index.php.en](http://www.bangor.ac.uk/student-services/counselling/index.php.en)

## Big White Wall

Is a digital mental health and wellbeing service for people who are stressed, anxious, feeling low or not coping. The service provides 24/7, anonymous, online peer and professional support. It is a safe space to get things off your chest. It also offers a range of online courses and tips on a range of topics, including low mood, stress, anxiety, anger, quitting smoking, cutting down alcohol, and coping with losses. Big White Wall is free to students at Bangor University.

## 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 load periods. We are happy to advise you of a title suitable for your needs.

## Building Resilience Lectures

The Building Resilience series aims to provide understanding of how our feelings, thoughts and behaviour interact to produce common difficulties, and learn strategies to manage these difficulties, so that participants can tackle these challenges with greater confidence in their abilities to cope and thrive. These psychoeducational sessions on understanding stress, low mood and anxiety follow a lecture format – personal sharing is not required.

*Informative  
& welcoming*

*Helped  
motivate me  
to change*

*The lecture  
was very  
effective*

*Very well  
structured &  
presented*

# 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 can be found on our website:**

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



# Psychoeducational Courses

Our psychoeducational courses are designed to help those who have complex and long-standing problems. They provide information and resources to better understand how to cope with difficulties in an empathetic and supportive environment.

## 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 on your minds.**

### Mindfulness courses

Further information is available on our website or by contacting the Student Counselling Service.

## 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 as 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 2018-19, 95% 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 – an excellent service and a bonus that it is free and easily accessed*

*The service was very prompt*

*Got so much clarity on my situation at last, whole life is so much clearer*

*Really helped me in both my University course and life in the future*

*My counsellor was brilliant. I'm grateful to her for the time she spent with me and the insight given on my situation*

*I hadn't expected the counselling to be so effective*

*So good to finally talk*



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.

We are committed to ensuring that you have equal access to our provision. Wherever possible, accessible venues and facilities are used, however please get in touch if you have specific requirements or queries.

## Student Counselling Service

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**Neuadd Rathbone**  
**College Road**  
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**LL57 2DF**

**Phone: 01248 388520**

**E-mail: [counselling@bangor.ac.uk](mailto:counselling@bangor.ac.uk)**

**[www.bangor.ac.uk/  
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