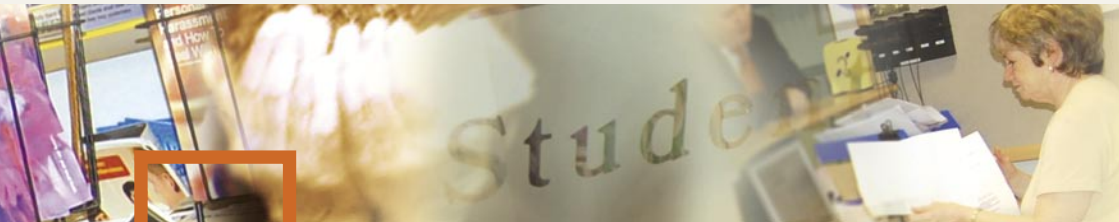


Student **Counselling** Service



PROBLEMS AT COLLEGE □ FAMILY TROUBLES □ LACK OF CONFIDENCE
BEREAVEMENT □ HARASSMENT □ WORRY AND ANXIETY

@ **Chesterfield** College
LearningMatters

¹ What can I talk about?

The Counsellors are happy to talk with you about anything that is bothering you, however large or small you think the problem is.

We can help with

- Difficulty coping with any aspect of College life such as exam stress.
- Family or relationship difficulties, parents, friends, children or partners.
- Making decisions and coping with change.
- Difficult feelings such as extreme sadness, anger, loneliness, worry and anxiety, panic attacks and feeling suicidal.
- Lack of confidence, worried about failing, never being good enough, feeling judged.
- Bereavement and loss, losing someone close to you.
- Sexual, racial or any other form of harassment or bullying.



- Worrying behaviours such as eating too much or too little, harming yourself, taking drugs or drinking excessively.
- Unplanned pregnancy.
- Exploring identity issues e.g. sexual identity.

How can talking help?

The counsellors are fully trained to deal with all sorts of problems so you don't have to be alone.

Appointments with the College counsellors are dealt with in the strictest confidence.

You can say whatever you like, it doesn't matter how small your problem is. The counsellor will help you get started if you don't know what to say, you can write it down or even draw it if you prefer.

The counsellor will

- The counsellor will listen attentively and try to understand things from your point of view. Your feelings will be respected, you will not be judged or criticised. They will sum up what you have been saying and check that they are understanding you correctly.
- If you have a specific problem the counsellor won't tell you what to do, but will offer pointers and suggestions for possible ways forward. They can help you form a plan of action and support you whilst you make any changes.
- The session can be up to 1 hour long, so there is time to help you express what you are really feeling. You are entitled up to six sessions, one per week – in some circumstances you may be able to attend for longer if you need it.
- The sessions are confidential which means that we will not talk to anyone about what you have said unless you or someone you know is at risk of serious harm.



Does it help everybody?

- Most students who come find it helpful. The only way to find out is to try it; if it is not what you need we help you look for something else.
- If you feel that you need to see someone straight away, an appointment can be made available the same day.
- We have both male and female counsellors, so if you want to see a particular counsellor just ask.

4 Where to find us at Infirmary Road Campus

Telephone or call into Learner Services at the Infirmary Road Campus.



Telephone Number

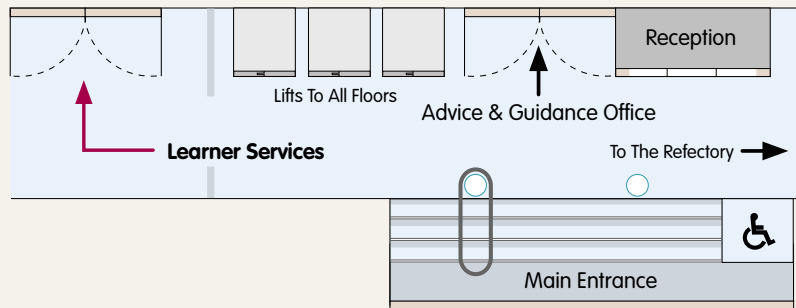
01246 500535

Opening Hours

8.30am until 7.00pm Mon, Tues & Thurs
8.30am until 4.30pm Wed & Fri

Location

Turn Left At The Main Entrance
Infirmary Road Campus



Where to find us at Clowne Campus 5

Telephone or call into Learner Services at the Clowne Campus.



Telephone Number

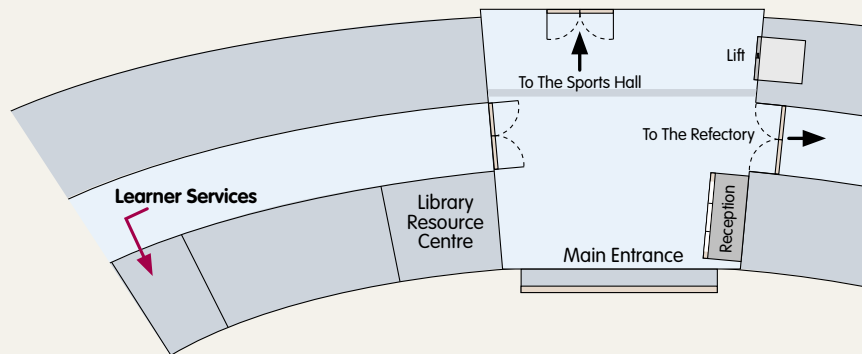
01246 500791

Opening Hours

10.00am until 3.00pm Mon, Tues, Thurs & Fri
10.00am until 2.00pm Wed

Location

Turn Left At The Main Entrance
Clowne Campus, Room NC217



Chesterfield College has an open access policy and is committed to ensuring all members of the community including people with learning difficulties and those with disabilities are treated fairly. Reasonable adjustments will be made to ensure that disabled students and other people are not substantially disadvantaged.

@ Chesterfield College
LearningMatters

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