the POD Student Services

Hugh Baird **COLLEGE**

A Guide to
Counselling Services

Leaflets in this series include:

- A Guide to Student Counselling Services
- Bereavement
- Sexuality
- Helping Stress with Support
- Exam Anxiety
- Drugs, Alcohol and Tobacco
- Anger Management
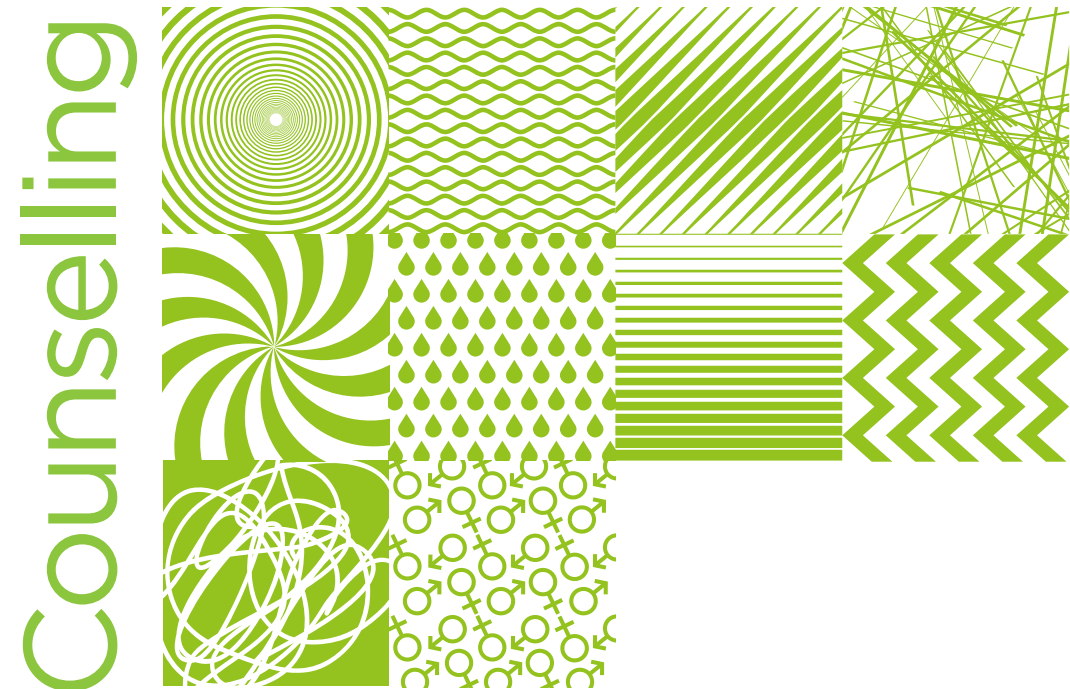- Eating Problems
- Bullying
- Anxiety
- Depression

Hugh Baird College

Balliol Road,

Bootle,

Liverpool,

L20 7EW

Telephone: 0151 353 4444

www.hughbaird.ac.uk

Counselling

Counselling services are available daily in The POD, Balliol building.

What Is Counselling?

Counselling is not a miracle cure for all you problems. It does not have a promise nor is it a 'magic wand'. Counselling may help you cope with your issues and see things in a different light.' Counselling offers the opportunity for you to talk freely and privately about your problems in a relaxed setting, with a trained counsellor. Counselling is confidential.

How does Counselling work?

Counselling encourages and empowers you to explore choices and possibilities for positive change. This may require strong determination to confront difficult issues. It can require real work and effort to achieve positive change. This happens in a caring and trusting environment.

What can Counselling achieve?

Counselling can help you achieve a greater sense of freedom and control over your life – by working towards your self-directed goals. It can help you to see yourself more clearly by reducing confusion. It can initiate change by developing your own solutions to problems. It can help you increase your self worth and confidence by enabling you to develop a greater understanding of your own strengths and resources.

Issues where counselling may be helpful:

- Depression
- Sexuality
- Rape and sexual assault
- Eating problems
- Sexual health
- Exam Anxiety
- General health problems
- Bereavement and loss
- Anxiety
- Stress
- Relationships
- Anger management
- Addictions
- Self harm

How do I arrange to see a Counsellor?

The counselling room is based in The POD in the Balliol building. Drop by to arrange an appointment or via a referral from your tutor.