



Counselling at UWTSD

UWTSD offers an in-house Counselling Service with professional and experienced Counsellors who are accredited by the British Association for Counselling & Psychotherapy (BACP) and who work within the professional framework.

About the Counselling Service

The Counselling Service offers free, confidential support to students and staff throughout the year. Our Counsellors are here to support you with any emotional difficulties and personal problems which may impact your time at UWTSD and help you realise your full academic and personal potential.

Confidentiality

Your use of the Counselling Service and what you talk about in your sessions are treated as confidential within the Service and are not normally disclosed to anyone else. In accordance with their professional requirements, Counsellors (anonymously) discuss their work regularly with an external Counselling Supervisor.

What to expect from Counselling?

The Counselling Service usually offers face-to-face sessions on each campus. Our Counsellors aim to provide you with a safe, accepting and confidential space where together, we might explore any painful or troubling aspects of your life.

We can help to normalise your experience and place it in context, bring objectivity, critical distance and experience of dealing with problems of all kinds, which often helps you to see a problem in a new way and feel more able to get to grips with it.

Counselling can help with many issues, including:

- Academic worries/pressures
- Relationship difficulties
- Issues with self-esteem and confidence
- Panic attacks
- General anxiety
- Low mood/Depression

The counselling sessions at UWTSD are time limited and for many, this proves an effective way of dealing with their issues. Most have counselling sessions in consecutive weeks, but you may find it more helpful to space sessions more widely so you can test out new ways of thinking and doing things in between sessions.

Alternative ways of accessing counselling

Counselling can also be accessed remotely via online audio/video conferencing and email support, usually via Microsoft Teams; Skype for Business and UWTSD e-mail accounts.

Counselling during Covid-19

We recognise this is a time of great uncertainty when anxiety levels can be higher. The Counselling Service remains open to support students and staff at this challenging time but to ensure the safety of students and staff, all counselling sessions are being offered remotely with check-in and support sessions through Microsoft teams or by telephone. This option may not be suitable for all and in this case, we will endeavour to signpost you to appropriate services and ensure you are contacted once we are able to offer face-to-face sessions.

How to make a counselling appointment

Carmarthen students can book a counselling appointment by completing an online registration form between 7am-8pm Monday to Friday.
Swansea students can book a counselling appointment by completing an online registration form between 7am-8pm Monday to Friday.
Cardiff students can book a counselling appointment by completing an online registration form between 7am-8pm Monday to Friday.
Lampeter students can book an appointment by calling 01570 424876 or emailing student.support@uwtsd.ac.uk
London students can book an appointment by calling 020 756 67600 or emailing the Counsellor direct at: kevin.foster@uwtsd.ac.uk
Birmingham students can book an appointment by calling 0121 229 3033 or emailing birminghamstudentservices@uwtsd.ac.uk

What previous service users say about the Counselling Service at UWTSD:

'I am very thankful for the assistance that I received. It was a perspective I could have not reached on my own. I continue to use the strategies discussed in my everyday work. Thank you, again.'

'I'm not on any medication now, I really do feel at peace and much better equipped to manage life's drawbacks and I owe so much of this to you. So, thank you. I really hope that the counselling service at UWTSD is thriving, it's such a useful service I hope its awareness has grown in the time since I left.'



Together All Online Mental Health Support

At times of increased stress, seeking support from others can be a real help. If you're feeling stressed, anxious or just need to talk - consider talking to **Together All**.

What is 'Together All'?

Together All is an online mental health support service which is free for UWTSD students and staff and is available 24 hours a day, 7 days a week, 365 days a year.

What does it offer?

Together All is a completely anonymous online community where you can express yourself freely and openly, using peer networks to discuss your issues with people experiencing similar problems. You can join group courses and discussions on common issues such as negative thinking and stress and use self-assessment tools to monitor your progress.

As well as **Together All's** online community, you will also find a wealth of useful information, including tailored self-help programmes where you can learn practical skills to help you tackle a variety of issues such as anxiety, sleep, weight management, depression and more.

There is also advice and guidance on managing anxiety in the current Covid-19 situation.

How do I sign up?

1. Visit www.Togetherall.com
2. Sign up with your UWTSD email address
3. Choose an anonymous username

How can I get further information?

If you would like any further information about **Together All**, please contact Student Services on your campus.

What users of the service say:

'The anonymity keeps me safe, so I'm able to tell the world how I'm really feeling without judgement or stigma.'

'Getting help from the community helped me realise I'm not the only one.'

'Working through one of the courses really opened my eyes to how many negative thinking patterns I had got into.'

'Being able to help others in the same position as me made me feel like I have something to give.'