Counselling & Wellbeing Service

Introduction

The University Counselling & Wellbeing service offers short-term counselling and mental health support, free of charge for all current students (undergraduates and postgraduates). We are a multi-disciplinary team of counsellors and mental health advisors offering specialist support for any developmental, clinical and academic problems which may arise during your time at Reading. Our main aim is to ensure that whatever your personal problems, the impact on your concentration, motivation and academic progress is kept to the minimum, with capacity for social, emotional and academic achievement restored as quickly as possible.

We support students through one-to-one sessions with a counsellor or mental health advisor. In addition, many students attend our popular 'Life Tools' programme of talks (which runs throughout the year - see our training page) or use our on-line resources such as information leaflets and specialist books (available in the main Library).

How we work

Counselling and mental health appointments and short wellbeing consultations (10 minutes of information and guided self-help) are confidential and independent (though funded by the University).

Information shared with us is not disclosed to others such as Schools/Departments, GPs or parents without your prior permission, although if co-ordinated support is requested by a student and informed consent is given, we are able to work closely with colleagues across the university to support the student's needs.

Support is tailored to the individual needs of students.

What to expect from us

After you have registered with the Counselling & Wellbeing service (this takes around 5-10 minutes), there may (particularly during busy periods) be a short wait before an initial consultation appointment can be offered. While you are waiting you can make use of:

- our Blackboard support pages (just join Counselling & Wellbeing's Blackboard Organisation)
- our programme of informative talks (Life Tools) - free to attend, open to all, no need to register
- our on-line advice leaflets (down-loadable and printable from our On-line Advice and Leaflets page or,
- our Library resource of self-help books (available in the Whiteknights main Library).
When you come to your first appointment (Initial Consultation), you will be asked to fill out a short questionnaire after which you will go in to meet with your counsellor or mental health advisor for up to 50 minutes in a private counselling office, either in the Carrington building or at the University Medical Practice at Northcourt.

Our counsellors and mental health advisors are all highly qualified and very experienced in working with and supporting university students. They will always abide by our contract of confidentiality and their professional codes of conduct/ethics.

**What we expect from you**

In order to provide you with the best possible support, please can you:

- arrive on time for your appointments
- let us know as soon as possible if you need to cancel an appointment - for example if you are ill or have a lecture re-scheduled - so that it can be offered to another student
- switch off your mobile phone during the session
- let us know if your contact details change
- and note that we are counselling in a 'no-smoking' area.