

**Bishop
Auckland
College**

Counselling Service

A Free Confidential Service

Without the pressure of being judged, counselling offers you a space to explore issues that are causing you distress – whether they happened in the past, are happening now, or things you have to face in the future. It gives you the chance to think about what you might be able to change, and if so, how. It's also an opportunity to explore how to be more at ease with the things you can't change.

Confidentiality

Work within the Counselling Service is confidential. This means that we will not speak to anyone outside the Counselling Service about what you say to us without your permission. There are particular circumstances when we might have to break confidentiality and these are usually when you or someone else is at serious risk or harm. Your counsellor will discuss confidentiality with you when you meet.

What we offer

Once we know you are able to come, we'll contact you (on the number you have given us) and invite you in for a chat at a time that suits you. This is so we can make sure that counselling in college is right for you, and to tell you what we offer so you can make an informed decision about whether you would like to come back. If both you and the counsellor decide that it would be helpful, in addition to the first one, we can offer up to six, one hour sessions. These will start as soon as we are able to fit you in.

Counselling ethos

Bishop Auckland College Counselling Service is committed to promoting well being in our students. We aim to create an environment which does not discriminate against others on the grounds of age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race (including ethnic or national origins, colour and nationality), religion or belief (including lack of belief), sex or sexual orientation. We will value and respect you as you are.

Referral/signposting

Practical concerns can often be part of someone's worries, so as well as helping you with how you think and feel, when appropriate we can suggest other places that might be able to help with issues such as housing, benefits, training or employment.



Issues

There may be times when you feel angry, sad, afraid or mixed up and would like to talk to someone who is not connected to your family or friends. We can help you to understand what is happening and assist you to manage whatever is troubling you. Problems can have a major effect on anyone's well being. Some of the issues people bring to counselling include:

- Anger issues
- Anxiety/panic
- Bullying
- Depression
- Eating distress
- Emotional distress
- Family issues/conflict
- Gender issues
- Loss and bereavement
- Low confidence
- Physical/sexual abuse
- Pregnancy/abortion/miscarriage
- Relationship issues
- Self-harm
- Sex/sexuality
- Stress
- Substance misuse
- Suicidal thoughts

Self-help

We have put together various self-help leaflets, a list of self help books and links to many different websites which give information and advice on a wide variety of issues. These are all available on Moodle/counselling, they are worth a look regardless of whether you decide to contact us.



How to make an appointment

The Counselling Service can be accessed through completing a referral form with your Student Progress Mentor. Referral forms are available from your Student Progress Mentor or on Moodle.

Phone: 01388 825 845 or ext. 2264

Email: counsellingservice@bacoll.ac.uk

Or visit: <https://portal.bacoll.ac.uk/student/counselling>

The Counselling Service is available Mon-Thurs, term time only and located in rooms 201 and 205 rooms (second floor, opposite the HE Centre).

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