



Before you come for your counselling consultation...

Taking a few minutes to think about what you want from your counselling consultation will help you to get the most out of it. In particular please consider the questions below.

What do you want to focus on in your appointment?

The appointment will be for between 30 and 45 minutes, so it will be helpful to decide on the main issues you would like us to help you with.

Why now?

What made you book this appointment at this particular time? Has your situation changed recently or is this a problem you have had for some time? Have you been able to make sense of where the problem may come from?

How have you been coping with this problem so far?

Have you talked to anyone else about it, for example, a member of academic staff, welfare officer, your GP, friends or family? It will help the counsellor to know this.

Do you have any previous experiences of counselling or therapy?

It will help us to know about this and what was and wasn't helpful.

Have you checked our website?

We have listed a number of self-help resources and you may find some of them useful. We also offer a programme of workshops throughout the academic year which may help you to manage some aspects of your difficulties.

<https://www.nottingham.ac.uk/counselling/self-help-resources/self-help-resources.aspx> lists some helpful resources

https://mediaspace.nottingham.ac.uk/media/Progressive+muscle+relaxation/1_8goypfz7 leads to a podcast which you can help you to manage your stress level if it is high

<https://www.nottingham.ac.uk/counselling/self-help-resources/podcasts.aspx> a list of useful podcasts

Please allow yourself plenty of time to get here and to find the Counselling Service building. If you are late you may lose time from your appointment. We are Building number 6 on the University Park Campus Map, near the new Teaching and Learning building.

Emergencies

The Counselling Service is **not an emergency service** and we don't run an out-of-hours service.

We will try to offer a quick response where there is an urgent request. However, sometimes we may not be able to. In these situations, or if you need urgent help during evenings and weekends, please contact your own GP or one of the following:

- **Cripps Health Centre**
+44 (0) 115 846 8888
<http://www.unhs.co.uk/>

- **NHS 111 (previously NHS Direct)**
111 for free from any UK landline or mobile
<https://www.nhs.uk/using-the-nhs/nhs-services/urgent-and-emergency-care/nhs-111/>

- **Samaritans**
116 123 for free from any UK landline or mobile
<http://www.samaritans.org/>

- **Rethink Mental Health**
+44 (0) 800 027 2127
<https://www.rethink.org/services-groups/services/leicester-leicestershire-rutland-focusline>

- **The University of Nottingham Students' Union Nightline**
+44 (0) 115 951 4985 (7pm - 8am only)
<https://www.su.nottingham.ac.uk/student-media-groups/nottinghamnightline/>

Urgent medical and psychiatric help can be obtained at the **Emergency Department at the Queen's Medical Centre**, or in an emergency call 999.

<https://www.nuh.nhs.uk/getting-here/gmc-and-our-emergency-department/maps/gmc-interactive-map/?mapLink=53187>