



## University Counselling Service Groups

**Groups are held at The Orchards  
Counselling service building, unless  
otherwise stated.**

### **Finding Us**

If you are attending a group session, head to **The Orchards** building at University Park - close to the Monica Partridge building:



- 📍 [Directions & Map](#)
- 📍 [what3words: words location, 'thin.goat.energy'](#)

### **When you arrive**

You'll see a waiting area.

- QR Scan the **QR code for the group session** to check in.
- 💡 Take a seat; the facilitator will come and collect you.

### **Please see photo of our waiting room:**



### **Facilities**

- **Gender-neutral toilets, an accessible toilet and water dispenser:** Straight down the hallway, right-hand side.

### **Accessibility**

- The groups are held in our meeting room on the ground floor.

### **Our service runs groups for students.**

We run groups throughout the academic year for students. The length of them varies from throughout the academic to 6 to 8-week sessions. Some groups are self-referral, through support workers, wellbeing officers or the chaplains, while others are referral only by the UCS and MHAS teams.

Please see the details below for each group and how to join the group. You will attend a 20 minute Teams pre group with the facilitators, here you will learn about the group and be able to ask questions, it is a time to check that the group is the correct fit for you. Attendance is very important for all groups, and it is requested that when you are signed up to one, that you attend every week.

### **Details of the Groups that we run are shown below:**

#### **Black Students Group – self referral**

Runs during the autumn, spring and summer terms for 7 to 8 weeks, held at the Orchards Counselling Service, UP.

The Black Students Group is a safe and welcoming space for students of African-Caribbean and mixed heritage to talk about mental health, wellbeing, and life at university.

Topics might include student life and culture, finding and using support services, dealing with racial trauma, balancing academic and family expectations, and other issues that matter to Black students.

Students will need to commit to all sessions.

To express your interest, please contact [UCSWorkshops@nottingham.ac.uk](mailto:UCSWorkshops@nottingham.ac.uk).

You will need to attend a short (20min) appointment on MS Teams with the facilitators, you will learn about the group and be able to ask questions.

#### **Art Therapy Group – self referral**

Runs during the autumn, spring and summer terms for 5 to 6 weeks, held on University Park, venue details given at a later date.

Students who are experiencing stress and anxiety and want to use visual and tactile media as a means of self-expression and communication.

This group suits students who may feel overwhelmed with their workload and academic pressures or describe themselves as being emotionally dysregulated

Students do not need to have any experience in art making.

Students will need to commit to all sessions.

To express your interest, please contact [UCSWorkshops@nottingham.ac.uk](mailto:UCSWorkshops@nottingham.ac.uk)

You will need to attend a short (20min) appointment on MS Teams with the facilitators, you will learn about the group and be able to ask questions.

#### **International Student Support Group - Referral into the group is via one of our counsellors, a mental health advisor, a support and wellbeing officer or a chaplain.**

Runs once a month throughout the academic year, held at the Orchards Counselling Service, UP.

The group is monthly group for international students (undergraduate and postgraduate). It is intended as a confidential and safe space for our international students to discuss anything that is affecting them, to talk with other students who are likely to understand what it's really like for you being at university a long way from 'home'.

The group is facilitated to encourage peer support for students to share their issues as well as what has helped or not helped them in adjusting to studying and living in the UK. We can talk about anything from homesickness and culture shock, to racism, self-esteem, difficulties with motivation and study, adjusting to the social language in the UK, practical issues such as appointments with doctors, and of course, food!

To refer a student please send the referral to [UCSWorkshops@nottingham.ac.uk](mailto:UCSWorkshops@nottingham.ac.uk), the referral will then be sent onto the facilitator.

Once you have been referred, you will need to attend a short (20min) appointment on MS Teams with the facilitator.

### **Open Group – referral only from UCS Counsellor/MHAS team**

Runs during the autumn, spring and summer terms, held at the Orchards Counselling Service, UP.

This is a long term, weekly group that meets during university term time. The group offers you a space to reflect, grow and connect through sharing experiences and listening to others.

The group shapes itself around what feels most important in the moment. Examples include:

#### **Common themes that may come up include:**

- Low mood, anxiety and self-esteem
- Identity, transitions and change
- Relationships and boundaries
- Self-criticism and pressure
- Abuse, discrimination and trauma
- Thoughts of self-harm or suicide.

Nothing is off limits. You choose what you share.

If you would like to join the group, please speak to your counsellor.

Once you have been referred, you will need to attend a short (20min) appointment on MS Teams with the facilitators.

### **Coping and Connecting – referral only from UCS Counsellors/MHAS team**

Runs during the spring term, held at the Orchards Counselling Service, UP.

The group is for students who would like to take time to reflect on how they cope with life's challenges and gain insight, support and ideas about what is working for them and what's not.

The emphasis is on providing a safe atmosphere in which to explore, discuss and reflect on some of the relational issues people are facing. Members can explore where their problems may originate from, how to deal with them, hopefully then feeling more confident about their ability to manage. And because this is a group, there is the sense of being in this together, a welcome and reassuring community of support.

If you would like to join the group, please speak to your counsellor.

Once you have been referred, you will need to attend a short (20min) appointment on MS Teams with the facilitators.

### **Being Male Group – referral only from UCS Counsellors/MHAS team**

Runs during the spring or summer terms, held at the Orchards Counselling Service, UP.

The group is for men and male identifying students who would like to meet together, in a facilitated group, and have an opportunity for mutual support, reflection and personal development.

We will look at key areas like self-confidence, relationships, emotional health, mood, identity, sexuality and other issues raised by group members. It is designed to be a place where participants can re-evaluate where they are in both their personal and professional lives.

If you would like to join the group, please speak to your counsellor.

Once you have been referred, you will need to attend a short (20min) appointment on MS Teams with the facilitators.