

## How to come for Counselling

There are many reasons why staff or students come for Counselling.

Common reasons include Anxiety, Relationship Issues, Depression, Academic Concerns and Self Esteem. You can come about anything that is bothering you

You can make an appointment by phoning us, sending an email or booking online.....

Tel: 01274235750

Text: 07749820070

Email: [counselling@bradford.ac.uk](mailto:counselling@bradford.ac.uk)

Web: [www.bradford.ac.uk/counselling](http://www.bradford.ac.uk/counselling)

....or you can call in at the Service in Student Central

You will be asked to fill in a form and then you will be given an appointment time.

When you come for your first appointment you need to go to Reception.

Your counsellor will come and collect you.

You will meet with your counsellor in a private room. The counsellor will explain everything to you about confidentiality and answer any questions you have. The time is then yours to talk about your concerns and look at ways in which you might move forward.

At the end of your time, if you want, you will be able to book another appointment.