



The University of
Nottingham

UNITED KINGDOM • CHINA • MALAYSIA

University Counselling Service

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w: <https://www.nottingham.edu.cn/en/wellbeing-service/counselling-service/counselling-service.aspx>

Contact us if you require this publication in a format suitable for disabled people, such as large print or braille.

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University Counselling Service

A guide for staff and students

<https://www.nottingham.edu.cn/en/wellbeing-service/counselling-service/counselling-service.aspx>



Counselling is a free, confidential and professional service available to all staff and students at the University. Our services are offered in English and Chinese.

Counselling offers time and a quiet space to talk confidentially about problems that are concerning you.

University Counselling Service

How can counselling help?

Counselling can help you view yourself or your situation more clearly. It is an opportunity for professional assistance as you explore feelings, new ways of thinking about problems and possibilities for change.

University counsellors are experienced in helping with a wide range of problems.

These might include:

- anxiety or depression
- effects of cultural differences
- lack of concentration
- loneliness
- making a decision
- relationship concerns
- sleeping difficulties
- stress and pressure
- worries about others

They may also refer you to other sources of help if appropriate.

Find out more at

<https://www.nottingham.edu.cn/en/wellbeing-service/counselling-service/counselling-service.aspx>

How confidential is the service? Our counsellors will not disclose verbal or written information about either you or your contact with the service, unless you request this. However, if you inform a counsellor of a situation of serious risk to yourself or to others they may need to pass this information on to others, preferably with your consent.

What about professional ethics?

The service works within the British Association for Counselling and Psychotherapy (BACP) ethical framework for good practice. For more information visit the BACP website at www.bacp.co.uk

Making an appointment

We are open for appointments Monday to Friday 9am-12.30pm and 2-5pm. Please contact us on the details overleaf to arrange an appointment.

You are welcome to contact us at any time. The best way to make an appointment is to email: universitycounsellingservice@nottingham.edu.cn

How to find us

The University Counselling Service is located on 1st floor, Building 23.

Directions: The University Counselling Service is located on the first floor of Building 23, at the back of the building. If you face the front door of Building 23 with the supermarket on your right hand, please go straight and then make a right turn. You will find an entrance with a University Counselling Service sign. Come in the first glass doors and you will see another sliding glass door on your right. Touch the button to the left of the door and the waiting area is on the left after you enter.