

## **YMCA** DIALOGUE – Counselling at Collyer’s

Talking with a counsellor can help someone open-up about how they are feeling or thoughts they may be having. It can help people make changes in their life and improve their wellbeing.

People may see a counsellor for different reasons, this could include the death of a loved one, bullying, feeling sad, numb, or worried, struggling in relationships with others, struggling with identity or finding home or college life difficult.

How students access wellbeing support:

- Visit Student Services (B002) or the Wellbeing Hub (K003 – daily in period 1).
- Students are encouraged to engage with wellbeing courses at college before accessing counselling.
- Counselling sessions are limited to 8 sessions, usually once a week at college.
- The first session will include an assessment to see if the counselling offer will be suitable for their needs.

## **Relate**

Collyer’s students requiring counselling outside of college or needing more than the 8 sessions can self-refer directly to relate (Crawley only). Counselling sessions are offered at the reduced rate of £30 per session, between 9am – 5pm, Monday to Friday. Sessions are available via Zoom, Phone, or Face to Face at their Relate offices in Crawley.

**Phone: 07423 147915**

**Email: [reception.crawley@relatesussex](mailto:reception.crawley@relatesussex)**

