



Counselling

at Carlisle College

**Smart
move!**

What is Counselling?

Counselling is an impartial service offered by the College to help you with any problems, issues or feelings you are having.

Our Counsellors are not here to judge you or tell you what to do. They will listen to what you have to say and help you express your feelings, thoughts and wishes.

Who do I see?

The College has a Student Counsellor Becky Foster. You can find her in Student Services.

Becky is there for you if you need to talk to someone other than friends and family.

What about confidentiality?

Everything you discuss will be kept strictly confidential, unless there are exceptional circumstances. This will be explained at the start of your session.

How do I make an appointment for Counselling?

You can make an appointment to the Student Services Office on 01228 822895.

Carlisle College
Victoria Place
Carlisle
CA1 1HS

Tel: 01228 822700
web: www.carlisle.ac.uk
email: info@carlisle.ac.uk



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