



UNIVERSITY COUNSELLING SERVICE



The University Of Sheffield.



The University Of Sheffield.

University Counselling Service



OPENING TIMES (Term Time)

MONDAY	9:00am - 4:00pm
TUESDAY	11:00am - 4:00pm
WEDNESDAY	9:00am - 6:30pm
THURSDAY	9:00am - 6:30pm
FRIDAY	9:00am - 4:00pm

Times vary during holidays and busy periods. Please contact us or check our website for further details.

CONTACT US

-  University Counselling Service
36 Wilkinson Street
Sheffield
S10 2GB
-  0114 222 4134
-  ucs@sheffield.ac.uk
-  sheffield.ac.uk/ssid/counselling
-  @sheff_UCS
-  www.facebook.com/counselling.uos



UNIVERSITY COUNSELLING SERVICE

About UCS: An Introduction

GRID REF: E4 CAMPUS MAP NO. 122

WE ARE HERE

Accessible entrance to the rear of the building.
UCS will make reasonable adjustments for all individuals.

Building Emotional Resilience Together

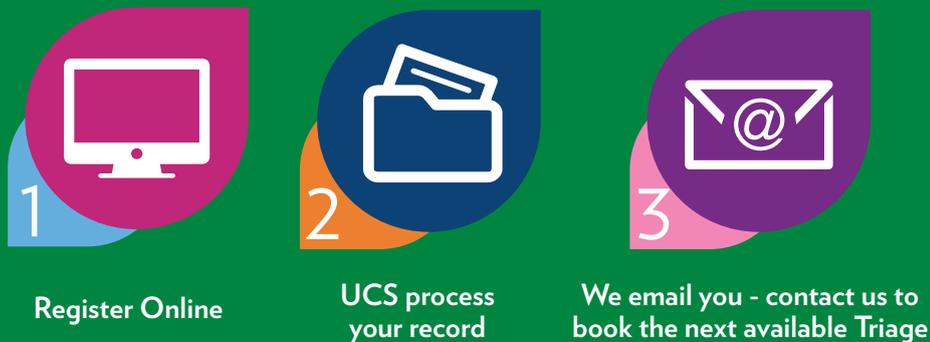
MAKING AN APPOINTMENT

Register by completing our online registration form, either on campus or in person at 36 Wilkinson Street. You will then be booked into a Triage appointment, which is a 30 minute one-to-one session with a clinical member of our team.

You will be asked to complete a clinical form on arrival, which aids UCS clinical staff in assessing your needs.

ONLINE REGISTRATION - 3 SIMPLE STEPS

Visit: www.sheffield.ac.uk/ssid/counselling/register



Please note that registrations outside the University depend on an active Virtual Private Network (VPN). If you are unsure how to do this please contact CICS.

CONFIDENTIALITY

The working relationship between you and UCS clinical team is confidential - we do not share information unless we have your permission. Exceptions and further details are available at:

www.sheffield.ac.uk/ssid/counselling/about

NOTE: The Data Protection Act 1998 requires approved consent for client record keeping.

SERVICES FOR STUDENTS



ONLINE SELF-HELP AND BOOK RESOURCES

An ideal quiet space to explore digital health apps and websites on our iPads. Alternatively, you can browse books, mini-guides and cd resources.



UCS MONTHLY NEWSLETTER

For a regular self-help digest, visit <http://eepurl.com/5HUUF>



CONSULTATION AND CONCERN FOR A FRIEND

We can offer practical advice and guidance on dealing with complex situations involving friends, flatmates or family.



STRESS REDUCTION MINDFULNESS SESSIONS

Weekly practical sessions that involve meditative exercises led by an experienced mindfulness practitioner.



EVENTS, ANNUAL LECTURES AND FUN DAYS

Promoting mental health awareness to the wider student population.



GROUPS

Sessions will involve a range of learning styles and encourage sharing your experiences with those similar to you.



ONE-TO-ONE COUNSELLING

A short series of counselling appointments may enable you to work through your issues more clearly. You will be asked to complete a short clinical form at every session.

CONCERN FOR STUDENTS

Staff, parents, tutors and fellow students should report their concerns about a student to Student Services Information Desk (SSiD) located inside the Students' Union. Email ssid@sheffield.ac.uk or call 0114 222 1299.

UCS is not a crisis service and recommend that students requiring urgent medical support to see the Duty Doctor at University Health Service (or their own GP), A&E or the nearest Walk-In Centre.

CLINICAL STANDARDS & GOVERNANCE

All of our clinical staff are fully qualified and work within strict ethical guidelines. They all have memberships with professional regulatory organisations (UKCP, BACP and NMC). A Mental Health Support Coordinator also works within UCS and can assist students that have more frequent and enduring welfare support needs