

# Loughborough University London Counselling Service

Loughborough University London has an arrangement with The University of Westminster Student Counselling Service to provide confidential counselling for its students.

## What is counselling – is it for me?

Counselling offers the opportunity to talk confidentially to a professional trained counsellor about any emotional or practical issues that might be worrying you while you are a student. Talking about a problem often helps a person to better understand their emotional state of mind and to put their worries in context. You will be offered a service by highly trained counsellors who have a long experience of how your problems may impact on your learning at university.



## Why would I need counselling?



Studying overseas and at home is a time of great change in a person's life and whilst this can be very exciting and rewarding, being away from home and familiar surroundings can leave students feeling disorientated and anxious. The issues that students bring to counselling are many and varied. Students come to talk about problems with their course work, worries about exams, family difficulties, money worries, concerns about relationships, depression, anxiety and suicidal thoughts, bereavement and homesickness. These are some of the reasons someone may request counselling but of course there may be other reasons and it may be that things just don't feel right for the person at the time.

## How do I make an appointment to see a counsellor?

Students studying at the London campus can telephone or email the University of Westminster Counselling Service. You will be asked to fill out a short form (this can be done by email) and on receipt of this an appointment will be arranged for you. Counselling is confidential and personal names and reasons for seeking counselling are not disclosed.

### Contact details for the LU London Counselling Service at the University of Westminster

☎ 020 7911 5000 (extension 66899)

Opening times: 9.30am-5pm

✉ [onlyconn@westminster.ac.uk](mailto:onlyconn@westminster.ac.uk)

**Address:** The Luxborough Suite, Marylebone Site, University of Westminster, 35 Marylebone Road, London NW15LS (Nearest tube - Baker Street)

**Bus** – No. 30 bus to/from Hackney Wick. Alight at Madam Tussauds, 2 minute walk to the Luxborough Suite