

Preparing for your 'One-At-A-Time' Focused Counselling Session

Please write down a few thoughts before your session. This is not mandatory but may help you get the most out of your appointment. Feel free to convey your thoughts creatively, i.e. drawing, emojis, symbols etc.



1. What is the single most important concern for you now?



2. How is this affecting you now?



3. How do you think your issue could be resolved? What ideas do you have?



4. What have you tried to do that has helped... and can you do more of this?



5. Identify one small change that would help move things in the right direction for you.



6. What would you want from your counselling session?

Have you contacted any of these people in relation to your issue?

Please click on the links below for further information:

Please tick all those
you have contacted

[Student Advice & Support Office](#)

[Multifaith Chaplaincy Centre](#)

[GP or Doctor](#)

[University Mental Health Adviser](#)

[Your 1st year Student4Student Mentor](#)

[Your Personal Tutor or Regent](#)

[AUSA](#)

[Student Learning Service](#)

[Student Residents Assistants](#)

[Aberdeen Sports Village](#)

[Aberdeen Students' Nightline](#) (Term time 8pm-8am only)

[Samaritans](#) (24 hour listening support)

[Breathing Space](#) (NHS based telephone support service)

Academic Lecturer/Tutor/Supervisor

Other resource suggestions:

[University Counselling Service webpage](#)

[Self-help guides](#) (available in PDF format)

[Online resources](#)

[Self-Help Books](#) (available to borrow from the
Counselling Service)



(24 hour online support
community – please
click on the [toolkit](#) for
further information)



[Feeling Good App](#) (an evidence-
based self-help programme)
Unlock tracks with
Username: abdnuni1
Password: positive



[The Desk](#) (support
resources for students)



Helping you to help yourself

[Living Life](#) (CBT-based modules and self-help)