

WHAT TO DO NEXT:

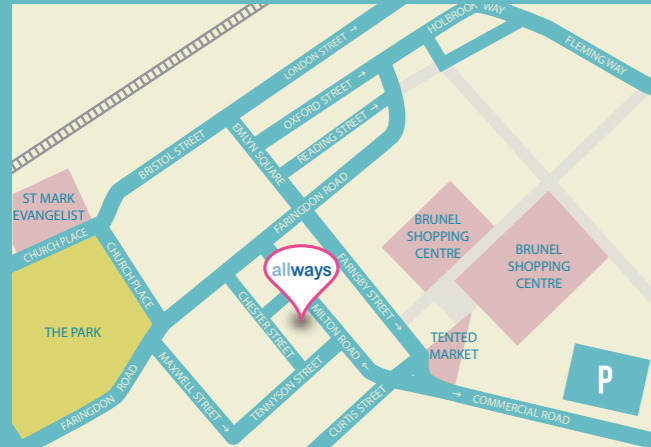
Allways Counselling Services contact details are as follows:

Mobile No: 07586 315720

E-mail: info@allwayscounselling.com

Web: www.allwayscounselling.com

Address: Allways Counselling Services
Health Hydro, Milton Road, Swindon SN1 5JA



Designed by Cranfield University - Learning Services 0345151314

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... a safe place to talk



Cranfield
UNIVERSITY

CONFIDENTIALITY

The counselling service offered is confidential.

Cranfield Defence and Security have a legal duty to put in place appropriate measures to monitor the cost of the service and to ensure that only those individuals who are genuine students are paid for by us. Therefore we have put in place a system whereby Allways Counselling Services will check you are who you say you are through the CDS Reception team, who will keep this information confidential. This information will not be attached to your student record nor will it be divulged to any other member of staff.

EQUAL OPPORTUNITIES

Allways Counselling Services is committed to Equal Opportunities and welcomes people without discrimination from all of the community.



A BRIEF OVERVIEW OF ALLWAYS COUNSELLING SERVICES

Allways Counselling Services is run by Tina Griffiths, who is an accredited member of the British Association of Counsellors and Psychotherapists (BACP). They are bound by its Ethical Framework for Good Practice in Counselling and Psychotherapy, and subject to their Professional Conduct Procedure. They are fully CRB checked.

Your primary counsellor will be Tina Griffiths MBACP (Accred). Tina is an experienced, qualified counsellor, an accredited member of BACP and CRB checked. Her work is overseen by Clinical Supervision each month and she is committed to on-going continuous professional development.



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ARE YOU EXPERIENCING...



HOW CAN WE HELP?

Cranfield Defence & Security
In conjunction with Allways Counselling Services

WHAT IS COUNSELLING?

Counselling is a talking therapy. It provides an effective treatment for emotional and psychological difficulties. Counselling can stimulate personal development and change your life.

Counselling aims to help you think about current or past concerns. It allows space for you to talk and explore your thoughts and feelings about yourself and your relationships with others. This enables you to gain a clearer understanding and perspective on life.

Counselling can be particularly helpful with:

- Relationship problems
- Depression
- Stress and anxieties
- Bereavement and loss, recent trauma
- Sexual concerns
- Earlier life experiences
- Employment concerns
- Exploring the emotional environment of learning



TAKING THE FIRST STEP

When you first contact Allways Counselling Services you will be given an appointment at their centre in Swindon. You will be asked for your name, date of birth and your student registration number.



ATTENDING APPOINTMENTS

Your counsellor will advise how many appointments might be necessary. All counselling appointments will be held at Allways Counselling Services and details of their address and location are outlined on this flyer.

Appointments will normally last 50 minutes. Please make sure you arrive in good time for your appointment. If you are late you will simply lose that time as the next client cannot be kept waiting. If you cannot make an appointment you should give Allways Counselling Services as much notice as possible so that they can offer the appointment to another client.

If you cancel or miss an appointment with less than 24 hours notice, Cranfield Defence and Security will be charged a cancellation fee.



WHERE DO I GO IF I THINK I WOULD BENEFIT FROM COUNSELLING?

All students of Cranfield Defence and Security who are currently registered for an award or academic credits of the University are eligible to use the services of Allways Counselling Services. However you are strongly advised to follow the advice below regarding first points of contact for military and civil service personnel. Depending on your employer or sponsor you may have access to more than one source of support. These are:

Civilian Students

You are advised to contact Allways Counselling Services; the details of this service are outlined in this leaflet.

UK Serving Military Personnel

As you are aware there are various regulations and policies that apply to military personnel and their families and therefore this would make it advisable for you to seek support through the MOD welfare systems. The first point of contact for UK serving military personnel should therefore be Shrivenham Station Welfare Office.

UK Civil Servants

Your first point of contact is the Defence Business Services in Bath (formerly PPPA) on 0800 3457772.

International Serving Military

Please contact your own Embassy or High Commission as they have responsibility for you whilst you are in the UK.