

Counselling



Est.
2016

YORK ST JOHN
**COMMUNITIES
CENTRE**

Est.
1841

**YORK
ST JOHN
UNIVERSITY**

Counselling

What can counselling do for me?

If you are reading this then it's likely that you are struggling with some aspect(s) of your life. Maybe you're feeling depressed or anxious, maybe you've lost a loved one or survived a traumatic experience, perhaps your life keeps going wrong or your relationships are beset by problems. The great news is that counselling can really help to overcome your difficulties.

Counselling is a comfortable place to talk with someone outside of your perspective who can help you see things more clearly, but it can also assist in many other ways. For example, counselling can help identify and change patterns of behaviour, provide support and impart knowledge to allow you to break with your past, provide exploration of the challenging aspects of your life and give you tools to manage difficult situations and emotions.

Counselling may traditionally be seen as a place to talk, offload and reflect, but it can be so much more than that. It can be an agent for change and transformation. If you have problems that are affecting you and won't go away, what could you gain from counselling?

What is counselling?

Counselling is where you can speak to a professional about any struggles, issues and concerns you have. Counselling offers a confidential space and time for you to explore your feelings, thoughts and behaviours so that you can better understand yourself and your relationship with others.

Our counsellors adopt a range of counselling modalities or approaches, depending on their background and training, but all adhere to the overall ethos of being person-centred, which forms a humanistic base to looking at problems and issues. This person-centred foundation allows our counsellors to put you at the centre of counselling, as you are the expert in your own life. Some counsellors may also draw on other approaches always tailoring the approach to your needs.

Talking to a counsellor can help you to think through your personal or psychological problems and find ways to move forward. What you talk about will depend on your reasons for seeking counselling and what you want help with. Our counsellors will listen to you without judgement and help you to explore your thoughts and emotions. The counselling process will be supportive and allow you to make changes in your life.

WHAT CAN COUNSELLING HELP WITH?

- Feelings of depression
- Anxiety
- Stress and overwhelm
- Upsetting or traumatic events
- Gaining more self-awareness
- Recognising unhelpful patterns
- Healing trauma
- Dealing with difficult life events
- Improving low self-esteem and worth
- Understanding yourself in the world
- Dealing with difficult emotions
- Supporting emotional regulation
- Bereavement and loss
- Working with relationship issues

Counselling service

Clients are normally offered weekly sessions. This will initially be up to 10 sessions and depending upon circumstances, may be extended for a further 10 sessions to a maximum of 20.

How much are sessions?

The Centre offers counselling on a sliding scale, from £12 to £50 per session. You must pay fees in advance of your sessions and you can either pay through our online shop or via standing order.





Accessing counselling

You can self-refer by completing our online self-referral form, which is available on our website at: www.yorksj.ac.uk/ysjcc

After submitting the form, your referral will be assessed and you will be contacted by a member of the Centre staff to identify next steps.

Referrals can also be made by GPs and other professionals via initial contact with the Centre office: cmhc@yorksj.ac.uk.

Opening times

We are currently open Monday to Wednesday from 9am to 9pm, and Thursday and Friday from 9am to 5pm. We aim to provide sessions on dates and times that suit your requirements, although cannot guarantee an evening or daytime appointment.

Supporting YSJ Communities Centre

Your donation makes a great difference! It supports us to cover the costs of providing free services such as our Drop-ins, Emotional Support Groups and Self-development, Bereavement Groups and Parent and Family Drop-Ins. As our income grows, so too does our staff team, counsellors, coaches, and group facilitators. Anything that you are able to donate, can help support us being able to support the work we do and the services that we offer to our community.



www.justgiving.com/campaign/ysjcc

Contacting the Centre

For more information or to request an appointment please e-mail CMHC@yorksj.ac.uk or call 01904 876072, and leave a message on our confidential telephone lines, we will return your call as soon as possible.

The Centre operates online and from our beautiful premises at 32 - 34 Clarence Street. The entrance is via the back, which backs onto the YSJ University campus. Following the road into the University by 30 Clarence Street and turning left towards Brook Street. Disabled parking spaces are available here, and City of York Council car parks are available on nearby Union Terrace and Lord Mayor's Walk.

[f /ysj_communities_centre](https://www.facebook.com/ysj_communities_centre) | [X /ysj_cc](https://www.instagram.com/ysj_cc) | [@ /ysj_communities_centre](https://www.instagram.com/ysj_communities_centre)

E: CMHC@yorksj.ac.uk | T: 01904 876072 | www.yorksj.ac.uk/ysjcc