I am concerned about my mental health right now, what help can you give me?

If you are experiencing distressing psychological or emotional problems which affect your studies or general wellbeing Student Services offers a range of support that includes Wellbeing Advisors, Counsellors and the Mental Health Advisory Service. To access any of our services connect the Student Advice and Guidance team.

What’s the difference between the counselling and mental health service at University of Liverpool?

Counselling can help you develop an increased understanding of yourself by exploring how you think, behave and feel about an issue. It can help you find appropriate ways to make changes in your life.

The Mental health service works with students with mental health conditions, these can be short or long term. Students may have mental health needs that require input from external mental health services, an early presentation or pre-existing diagnosed disorders, these can have an impact on day to day functioning and getting through studies. The service does this in collaboration with GPs and secondary mental health services as appropriate.

Is there a long wait to be seen by someone from wellbeing/ counselling/ mental health?

You can contact the Wellbeing Advisers between 9am and 5pm Monday to Friday and they will aim to respond within 24 hours. This is the usual entry point to all Student Services.

Email: advice@liverpool.ac.uk, or phone 0151 795 1000 between 9:00am and 5:00pm Monday to Friday. The Counselling Service provides a supportive pathway with a stepped care model; this means that you can access help quickly and get the most effective help for your needs. We offer something called Single Session Therapy (SST) designed so that students can walk in, fill out two simple forms and be seen by a counsellor. It addresses presenting concerns within one session. This appointment is usually sufficient for many students. SST is also the entry-point to our other counselling services, should a student present with more complex needs. We offer longer-term counselling over a few weeks or months, should this be appropriate. At the Mental Health Advisory Service, you will be seen as soon as possible after referral though this can also depend on severity of need and the demand on the service. You should be seen within 2 weeks of the receipt of the referral.

How do students access the counselling service?

To access a therapist and to discuss any issues in confidence, please speak to the Wellbeing Advisors who can make a referral on your behalf.