

## Student Counselling

Whilst the University and Guild of students offer a range of activities to help you throughout your time at Birmingham, should you experience any emotional or psychological difficulties during your time here, our team of professional counsellors are on hand to support you.



<http://www.adobe.com/go/getflashplayer>

Our free, confidential counselling service is available short-term for all registered students, whether your problems are personal, academic or social.

In addition to one-to-one counselling and assessments, the University offers a range of workshops and groups, plus a group mediation service for flatmates, tutor groups, or any group of students who are not getting on with each other.

The workshops on offer from the University are usually one-off sessions which give you practical tools to manage emotional anxiety such as exam anxiety or stress.

Multi-session support groups are also offered on subjects as broad as coping with bereavement to dealing with eating issues.

For further information about the University's counselling services, please telephone +44(0)121 414 5130.