

Counselling @ City Campus

Services we provide:

- Short term counselling sessions which run for approximately 50 minutes.
- Confidential and private counselling services
- Free professional counselling sessions where you can expect a professional, responsive and respectful service.
- Experienced counsellors with extensive knowledge and understanding of the personal, family and work problems of students.
- Our fully qualified counsellors can assist you to gain a clearer understanding of whatever situation you have and identify appropriate strategies or options for you to consider.

Who can use this service?

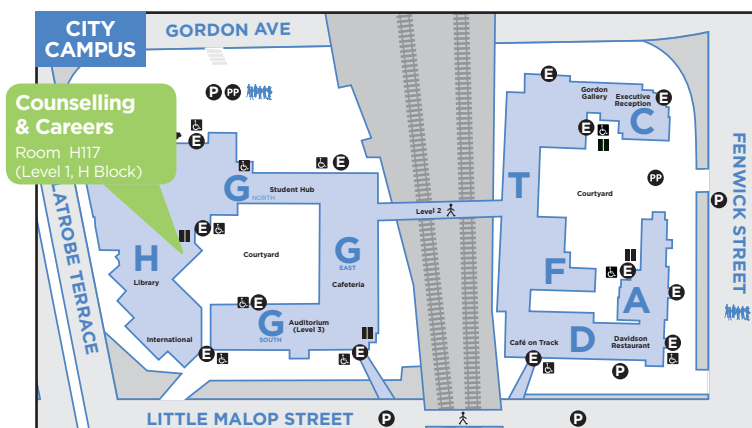
- Students currently enrolled at The Gordon Tafe

What does it cost?

- Counselling services are free to all eligible students

How can I organise an appointment?

- Call 52250687
- email - counsel@gordontafe.edu.au
- Drop into the office - H117 city campus (near Gordon Library)





10 steps to looking after yourself when you're studying

1. Food

Eat well and regularly and you should begin to feel better.

2. Touch

Get a massage or hug someone you love. This should begin to release 'feel good' hormones.

3. Exercise

Walk, swim, ride, play sport. Make sure you get enough exercise. 10 Minutes a day is a great place to start.

4. Relaxation

When you feel as though tension could be building, try concentrating on breathing slowly and deeply. This helps to calm yourself down.

5. Give your brain a breather

Try and slow down and limit your thoughts, refuse to worry about what might happen. Meditation is a great way to clear some space in your head.

6. Enjoy other people

Stay connected. Ask for help from family, friends, teachers or a student counsellor if need be.

7. Balance

Find something you enjoy. Try not to spend all your time studying. There are other things in life to enjoy! Plan some leisure time and take regular breaks.

8. Laugh

Laughter can immediately change your perspective to a happier one. Smile, even if you don't feel completely happy as it helps to tell your brain to 'loosen up.'

9. Say no

Have the courage to say no when extra commitments could cause you unnecessary pressure.

10. Ease your worries

If there is a problem, list all the possible solutions open to you and select one you feel has a fair chance of success.