

West Lothian College Student Counselling Service

West Lothian College offer a counselling service which is available to all students.

You may be suffering from anxiety, depression, fear, loss, relationship issues or you might feel stuck in a certain situation. Our qualified counsellors can offer a safe and confidential space for you to explore any issues that you may be facing whether that be from your past, present or future. They can also offer a listening ear for any general issues that you may have.

Our counselling team:



Anne



Laurence



Liz

We have one full time counsellor, Laurence, and two part-time counsellors, Anne and Liz. All counsellors are fully qualified and registered with their governing body the British Association for Counselling and Psychotherapy (BACP). Their ethos is that the counselling relationship is paramount and that their person-centred approach, empathic nature and non-judgemental personality allows for a genuine relationship to be formed.

All counsellors have worked with students and young people for a number of years and are passionate about sharing their journey to get them to a place where they feel better about themselves or their situation. We look forward to working with you.

The service offers counselling on-line via teams and during this unprecedented time we can offer video chat, audio chat or messaging; whichever feels safer and best for you. Face to face counselling may be offered in the future.

Our counsellors can be contacted by e-mail counsellingservice@west-lothian.ac.uk or by referral through student support services or college lecturers.