

Times of concern, anxiety, fear and sadness are a normal part of life yet often make us feel physically and/or mentally unwell.

***LT4U offers a safe place where you can have the opportunity and time to explore your concerns or worries in confidence with a trained Listener.***

At LT4U you will not be given any advice but hopefully being able to talk with an experienced Listener will help you better understand your feelings, find your own solutions and make your own decisions about what you want to do.

LT4U is **NOT** counselling.

### **You might be experiencing**

- Change and uncertainty
- Issues at work or study
- Relationship difficulties
- Bereavement and Loss
- Stress and Anxiety
- Carer concerns

Talking things over with a trained Listener is often very helpful in exploring ways of managing life's stresses.

It is important that we know how you have found the experience of LT4U in order to assess the value of this service. We hope you will complete the survey form at the end of your sessions. Thank you.

### **What to expect at LT4U**

This is your time to talk about your concerns and explore how you are feeling, in a non-judgemental atmosphere.

What you say to the Listener is totally confidential unless it is illegal or the Listener is concerned for your safety or the safety of someone else.

The Listener will then talk to you about who is the best person to speak with to keep you safe or for specialist advice.

### **Benefits to you**

#### **Good listening can**

- Encourage you to find your own solutions and take responsibility for future decisions.
- Help bring a greater sense of health and wellbeing.
- Help to normalise your experience.

## LT4U How it will work

Each listening time will last up to 40 minutes and will take place via a video-conference call on the College Teams secure network.

Appointments can be made by contacting [wlclisting@gmail.com](mailto:wlclisting@gmail.com)

The Listeners will be available for LT4U sessions as follows:

Listener Ken:

Listener Sue:

Please advise your Listener in good time if you are unable to keep your appointment.

The Listener will keep a Log of those who have come for LT4U, only recording the concern in broad terms e.g. Stress, anxiety etc. This will be kept confidentially in a secure file by the named Student Support Staff member.

## Why is listening important?

Because within each of us there is a need to:

- Tell our story
- Understand and be understood
- Be valued and respected as a unique individual
- Be able to express feelings honestly without judgement
- Find meaning and purpose in life

*Registered Listeners are trained and supervised by Listen Well Scotland*

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*Listen Well Scotland is a registered SCIO under Scottish Charity Number: SC044382*

*West Lothian College online LT4UI Info Leaflet Nov '20*



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## Listening Time4U

# LT4U

## Information Leaflet