**Counselling Resources (UPDATED FEB 2019)**

[Anxiety Booklet](https://intranet.abertay.ac.uk/media/Anxiety%20Booklet%202017.pdf)- Feeling anxious is usually a response to difficult or unknown situations, such as an upcoming exam or asking someone out on a date. This guide can help you identify the symptoms of anxiety and what you can do to help reduce it.

[Bereavement and Grief](https://intranet.abertay.ac.uk/media/Bereavement%20%20Grief%20Lflt%20170915.pdf) - Bereavement is difficult time for anyone to go through.  This guide provides information on how you can navigate the grieving process.

[Counselling Info Booklet](https://intranet.abertay.ac.uk/media/Counselling%20Booklet%202017.pdf) - Information about the Counselling & Mental Health Team.  Why you might see a counsellor, how to make an appointment, how many appointments, professional standards, confidentiality, mental health advisror and other sources of information.

[Counselling Resources 2018](https://intranet.abertay.ac.uk/media/Counselling%20Resources%20%28updated%20March%202018%29.pdf) - information about organisations which may be able to help you.

[Depression Booklet](https://intranet.abertay.ac.uk/media/Depression%20Booklet%202017.pdf) - This guide helps you to understand what depression is, when you can get help, strategies for tackling depression and provides some sources of help including who to contact in an emergency.

[Disordered Eating Booklet](https://intranet.abertay.ac.uk/media/Disordered%20Eating%20Booklet%202017.pdf) - This guide helps you identify the causes of disordered eating, provides signs and symptoms and where you can get help.

[Homesickness Booklet](https://intranet.abertay.ac.uk/media/Homesickness%20Booklet%202017.pdf) - Moving away from home can take some adjustment. Everything is new: people, buildings, responsibilities, available time, expectations, and the list goes on! This guide provides some useful information that will support you.

[LGBTQ+ Booklet](https://intranet.abertay.ac.uk/media/LGBTQplus-booklet-2017.pdf) - Some information and sources of help at Abertay University from LGBTQ+ Society, Students Association and Counselling Service.

[Loneliness Booklet](https://intranet.abertay.ac.uk/media/Loneliness_.pdf) - Everyone at some time experiences loneliness. For some it may be when there has been a big change in their life e.g. coming to university.  This guide has some examples of ways to cope with loneliness and provides some sources of help.

[Stress Booklet](https://intranet.abertay.ac.uk/media/Stress%20Booklet%202017.pdf) - Many problems start with stress and this is why it is important to recognise unhealthy stress.  This guides gives examples of the signs and symptoms of stress, provides a ten top tips to get on top of stress and some additional sources of help.