University of Stirling

Counselling in the Highlands

What is available?

The Counselling Service recognises that students in our outlying campuses do not have access to the same range of support as students in Stirling and we are committed to finding ways to meet that need. There is a qualified counsellor based locally with whom students may make contact.

Sheila McAulay, Student Adviser, who is based in Inverness can make contact on your behalf or you can simply contact the counsellors directly.

It is free and it is confidential – the counsellor simply bills the university and details of what is discussed is held confidentially by the counsellor and not disclosed. The only exception to this rule of confidentiality may be if it is felt that a student may be a danger to themselves or others.

COUNSELLORS:

MARGARET YOUNG - Couple Couns; PG Dip. Couns; Registered Member MBACP (Snr. Accred).

Margaret is based in Inverness. She is qualified both as a person-centred and relationship counsellor.

Background: She has extensive experience gained during more than twenty five years of counselling in a variety of settings, including GP surgeries, Employee Assistance Programmes and the voluntary sector. Most recently, she worked for ten years as a counsellor specialist in Child and Adolescent Mental Health Services before returning to private practice. Margaret now works with individuals, couples and young people with a wide range of concerns.

Areas of experience: Relationship difficulties, depression and anxiety, bereavement and loss, abuse, trauma, stress, and work and health related difficulties.

T: 01463 772828 M: 07801800058 E: margaretroseyoung@yahoo.co.uk W: www.margaretroseyoungcounselling.co.uk

LINDEN STEFANIAK - Chartered Counselling Psychologist, BACP reg.

Linden is based in Inverness. She has an integrative approach, using person centred, existential and psychodynamic perspectives.

Background: Linden works in private practice as a counselling psychologist and supervisor, having qualified with a Master’s Degree in 2006. Linden has previously worked as a counsellor in a G.P. practice, a sexual health drop-in centre for young people, a college and as a volunteer with telephone help lines.

Areas of experience: Areas of experience: Seeing private and Employee Assistance clients for long and short-term counselling, for issues such as stress, relationships, trauma, depression, survivors of abuse and bereavement and loss. She is also interested in what brings people to the helping professions.

T: 01463 782607 M: 07724 153 665 E: lindenstefaniak@hotmail.com
Alternatives

Some students may prefer to use telephone counselling or Skype and this is offered by the team in Stirling. You may want to check out our website to see the profiles of the Stirling team.

http://www.studentsupport.stir.ac.uk/counselling/

Want more information?

Our website has links to other groups and also information leaflets or you can contact: Sheila McAulay, Inverness
T: 01463 279802
E: sheila.mcaulay@uhi.ac.uk

or

Counselling & Wellbeing Service, Stirling
T: 01786 466022
E: ask@stir.ac.uk