University of Stirling

Counselling in the Western Isles

What is available?

The Counselling Service recognises that our students in the 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 Joanne direct to make an appointment. (see below)
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.

JOANNE MORRISON
Joanne works using Integrated Skills from the Person centred approach and also Psychodynamic approach, with some CBT. Besides counselling for the past 15 years she has worked in the field of supporting young people 16-25 years old (with Action for Children and Foyer and also mental health support with Penumbra and the Highland Homeless Trust)
T: 07440 159781
E: priestglen72@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.student-support.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, Stirling
T: 01786 466022
E: ask@stir.ac.uk