Counselling in the Highlands and Western Islands

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 are qualified counsellors based locally with whom students may make contact. It is free and it is confidential- 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.

Sheila McAulay, Student Adviser (T: 01463 279802 E: sheila.mcaulay@uhi.ac.uk) is based in Inverness and can make contact on your behalf or you can simply contact the counsellors directly.

Who are our 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.

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

Linden Stefaniak - Chartered Counselling Psychologist, BACP reg.
Linden is based in Inverness. She has an integrative approach, using person centred, existential and psychodynamic perspectives.

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.

Joanne Morrison
Joanne is based in Stornoway. She works using Integrated Skills from the Person centred approach and also Psychodynamic approach, with some CBT.

Areas of experience:
Experience is in Person Centred and Psychodynamic field, exploring issues such as anxiety, emotional stress and self-esteem building General and couple counselling and counselling NHS staff.

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

T: 01463 782607 M: 07724 153 665
lindenstefaniak@hotmail.com
priestglen72@hotmail.com

Some students may prefer to use telephone counselling 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: https://www.stir.ac.uk/student-life/support-wellbeing/student-support-services/emotional-wellbeing/

How can I find out more?

Sheila McAulay, Student Adviser 01463 279802, sheila.mcaulay@uhi.ac.uk
Student Services Hub 01786 466022, ask@stir.ac.uk

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