

# Wellbeing, counselling and mental health

The **Counselling and Mental Health Service** provides one-to-one sessions, closed group sessions and referral to other services, for students registered with Lancaster University.

Sessions are provided by trained and experienced staff, who use a variety of therapy styles, including cognitive behavioural therapy, person centred counselling and psycho-social interventions.

To make an appointment you first need to complete a self-referral form. Please use this link to access the [self-referral form](#).

We are located on campus at The Base in Alexandra Square.

We can be contacted by email at [counselling@lancaster.ac.uk](mailto:counselling@lancaster.ac.uk)

Or by telephone 01524 582690

The **Wellbeing Service** is provided by College Wellbeing Officers (known as CWOs) who are trained members of the Counselling and Mental Health Team.

The CWOs work with cognitive behavioural techniques, guided self-help and psychoeducation in group sessions designed specifically for students. They can provide one-to-one sessions in some circumstances and they also provide general welfare support.

Up to four sessions are offered during term and vacation times as well as an out-of-hours drop-in during term time.

Please use this link to [contact a CWO](#).

## Related pages

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