

LYIT COUNSELLING SERVICE

FACTSHEETS

You can access Factsheets on a wide range of mental health topics from this website

<https://www.ntw.nhs.uk/pic/selfhelp/>

The factsheets on the above website give reliable information on mental health topics and also offer first step advice on how to begin coping with issues. The factsheets are available in pdfs, audio and video formats, they have received the Information Standard, which is a certification scheme within the NHS in the UK, which certifies the reliability of health and social care information. Factsheets on different mental health issues are also available in the Student Services corridor. Factsheets are meant to provide general information/ guidance only.

For more specific and individual assistance, students should contact the LYIT Student Counselling Service directly.

You can make an appointment by telephoning the counsellor at 074 918 6817, mobile: 087 955 5266, leaving a short message and a contact telephone number or by contacting the Student Services administrator at 074 918 6855.

1.	Anxiety	15.	Bulimia
2.	Anorexia	16.	Coping with Trauma
3.	Parental Separation & Divorce	17.	Child Sexual Abuse
4.	Coming Out	18.	Depression
5.	Procrastination	19.	Helping Someone You Are Concerned About
6.	Homesickness	20.	Self-Injury
7.	Loneliness	21.	Conflict with Others
8.	Freshers	22.	Bereavement
9.	Alcohol & Drugs Questionnaire	23.	Alcohol-Know About
10.	Anxiety & Panic Attacks	24.	Post-Traumatic Stress
11.	Alcoholism	25.	Suicide
12.	Adult Children of Alcoholics	26.	Overcoming Presentation Anxiety
13.	Assertiveness	27.	Time Management
14.	Anxiety & Panic Explained	28.	How to Cope with Exams