



## Meet the Team

**Guidance Officer and Counsellor**

**Claire Kilburn-Young**

**Guidance and Progression Officers**

**Donna Cran  
Sarah Johnston  
Caroline Mitchell  
Samantha Smith**

Coming to college can be a worrying prospect for some students. The Guidance Team are here to help with any worries you may have before and whilst attending college.

Areas in which they can help include:

- Stress and Anxiety
- Exam Pressure
- Depression
- Money Worries
- Relationships
- College Issues
- Job Hunting
- What to study next

The Guidance Team can also help you with any issue you may have and can refer you to other team members for specialist help and advice.

**Contact the Guidance Team**

**Tel - 01463 273201/208**

**Textphone - 01463 273180**

**E-mail – [guidance.officer@inverness.uhi.ac.uk](mailto:guidance.officer@inverness.uhi.ac.uk)**

## **Counselling**

**Email:** [counsellor@inverness.uhi.ac.uk](mailto:counsellor@inverness.uhi.ac.uk)

**01463 273224**                      **Confidential number**

At times during your course you may find that you have problems or difficulties that you can't seem to sort out for yourself.

You may need to seek the help of a Counsellor to talk about an issue in complete privacy and in confidence. The Counsellor is trained and experienced. This is a free service available all year round, Monday to Thursday. There is also a Back Up Counselling service if the Counsellor is not available at any time.

Counselling gives you time and space to explore issues important to you, such as relationships, fear of failure, bereavement, anxiety, depression and personal growth. Counsellors will not be able to give you instant solutions, but will listen carefully and respectfully to you and work with you.