

7.4 Counselling Service

Counselling services will be provided by ICD through an independent and impartial external counsellor; referrals to the counselling service are available to all students who contact the ICD Student Liaison Manager and/or the Administration Office.

Matters that students may be concerned about that would be referred to the counsellor could be related to:

- the stress of study
- difficulties in maintaining work-life and study-life balance
- difficulties relating to integrating into a new culture (e.g. international students)
- difficulties integrating into a culture that speaks a different language
- personal difficulties that are impacting negatively on mental health
- challenging life circumstances
- increasing anxiety about grades
- general stress and anxiety
- depression
- suicidal thoughts
- relationship difficulties
- problems with food/eating and/or eating disorders
- worries about personal appearance
- bereavements
- loneliness
- homesickness
- low self-esteem or lack of confidence
- traumatic experiences (including being the victim of violence, a crime, or rape)

- difficulties with substances such as drugs or alcohol
- pregnancy issues
- self-harm
- anger management issues

The college counsellor has been appointed specifically to support students who may be faced with a particular personal difficulty in their lives. The counsellor provides learners with a confidential, one-to-one, supportive, and non-judgmental space, where they can voice their difficulties and concerns in a caring, trusting situation.

All engagements by learners with the counselling service will be:

- Funded by ICD
- Treated in strict confidentiality