

What are Drop-In sessions?

Drop-In sessions are similar to counselling sessions, on a shorter time scale.

30-minute sessions are designed to be more focused and specific with regards to what you want to bring.

These sessions are more targeted at specific issues or aspects of yourself you wish to bring due to the timeframe.

You can access a safe, trusting and supportive space to work through what you might bring.

Supporting you to find ways of coping & managing, or practical solutions to issues you may face.

It is best, but not necessary, to have an idea of what you want to gain from the session.

There is more focus around specifically meeting a goal for that session.

This could be focused around:

- ❖ Being listened to
- ❖ Reflecting on a recent situation
- ❖ Current thoughts or worries
- ❖ Current emotions or struggles
 - ❖ Physical health
- ❖ Exam or college stress/ anxiety
- ❖ Learning coping mechanisms
 - ❖ Specific past experiences
 - ❖ Relationships
 - ❖ Self-esteem

Or anything that you wish to talk about, share, understand or reflect on.
No problem is 'too small' to talk about