Counselling Service at Edith Cowan University

The ECU Student Counselling Service is a free and confidential service provided to all ECU students on any issue that is causing them to feel worried or distressed and it might be impacting on their studies.

**Student One:**
“I went to the counsellor a few times. I was feeling a bit stressed and finding it a bit hard to manage my time. I was juggling work, sport and getting assignments in, and I just needed some help to manage it all. The counsellor actually helped me a lot to work out what’s realistic and gave me some strategies to manage stress.

We also see students who might be living away from home and who might be without the usual support of their friends and family. Our job is to help them adjust to life in a new city or in a new country and to give them some strategies for adjusting to life at university.

**Student Two:**
“I moved to Perth when I came to study and I found it really really difficult to get used to what was being done here. It affected my motivation. I started to not concentrate that much and so I started to fall behind of my studies. I saw a counsellor and they helped me understand that the process is normal and that it was part of adjusting to my new life here. It was really really tough but I’m glad I got some help when I needed it.”

Studying at uni can be really rewarding but it also creates some demands and some new challenges. Talking to an ECU counsellor can help you develop new ways of coping in the future and to help you enjoy the university journey.