



Durham
University

Counselling and Mental
Health Service

Proactive support for positive mental health among our student and staff population



The Counselling & Mental Health Service runs peer support groups every term during the academic year to support mental wellbeing. These groups bring together students in similar situations or facing the same challenges, to exchange and share their stories in a confidential space and offer students guidance and support from an experienced practitioner from the Service.

We also offer psychoeducational workshops and webinars on a range of topics. These resources help students to learn more about mental wellbeing issues such as anxiety, stress management and more, and develop techniques to help them manage better.

Please see below of what's on offer this term. This page will be updated throughout the year.

PhD Support Group

Studying for a PhD can be a challenging, stressful, and an isolating experience.

The aim of our support group is to create a space where PhD students can meet others in a similar situation and can experience mutual support.

The group will meet online or in-person, to be confirmed, for six weekly sessions, on Tuesdays, times to be confirmed throughout the 2023/24 and 2024/25 academic years.

Members are asked to commit to attend all six sessions.

[Click here to register for a place in the PhD Support Group](#)

Managing Imposter Syndrome workshop

Students very commonly experience Imposter Syndrome, a phenomenon that causes feelings of fraudulence, inadequacy and not belonging. Often these feelings are experienced with no evidence to back them up, or even with evidence to the contrary. This 1-hour workshop explores the theory behind why Imposter Syndrome occurs explores strategies that can help.

The workshop is available via Zoom on:

- Friday 1st November 2024 at 2pm
- Wednesday 20th November 2024 at 2pm
- Friday 13th December 2024 at 2pm
- Friday 10th January 2025 at 2pm

[Click here to register for a place on this workshop](#)

Anxiety: Building a coping strategy toolkit workshop

This workshop will discuss the physiological and evolutionary factors behind why we experience anxiety. It will help you to identify the thoughts, feelings, physical sensations, and behaviours associated with anxiety and panic. It will outline why it is important to use a range of different strategies to reduce anxiety symptoms, and will talk through techniques that you can use to build your own 'toolkit' of coping strategies.

The workshop is available via Zoom on:

- Wednesday 06th November 2024 at 2pm
- Friday 29th November 2024 at 2pm
- Wednesday 15th January 2025 at 2pm
- Friday 07th February 2025 at 2pm

[Click here to register for a place on this workshop](#)

Procrastination and Perfectionism workshop

Procrastination is commonly experienced by students. It is an unhelpful coping strategy that involves putting off an important task that must be done, often because it is unpleasant, which offers short-term relief. But this relief is short-lived because the problem hasn't gone anywhere and the deadline to complete the task is now even closer than before!

This 90-minute workshop looks at why we procrastinate, explores myths and facts surrounding the phenomenon, and teaches practical skills that can help. It also explores the link with perfectionism, and how to challenge the negative thoughts that can be a significant contributing factor to procrastination.

The workshop is available via Zoom on:

- Friday 15th November 2024 at 2pm
- Wednesday 4th December 2024 at 2pm
- Wednesday 18th December 2024 at 2pm
- Friday Fri 24th January 2024 at 2pm

[Click here to register for a place on this workshop](#)

Bereavement Support Group

If someone close to you has died, you are living with bereavement and loss. You may feel alone with your loss, especially at University.

The Bereavement Support Group Aims to be a welcoming, kind, and safe practitioner-led space for bereaved students, meeting every Monday evening for 6 weeks during Epiphany Term 2025.

A Counsellor and a Psychological Wellbeing Advisor from the Counselling and Mental Health service will facilitate the group.

Students will be offered the opportunity to learn about, and talk about, their grief and loss, within a small and supportive group setting.

If you would like to join the group, please sign up before noon on Monday 27th January 2025.

Students need to be able to commit to attend all 6 dates in person in the Palatine Centre, as follows:

- Monday 10th February, 4.15-5.45pm
- Monday 17th February, 4.15-5.45pm
- Monday 24th February, 4.15-5.45pm
- Monday 3rd March, 4.15-5.45pm
- Monday 10th March, 4.15-5.45pm
- Monday 17th March, 4.15-5.45pm

[Click here to register for a place on this workshop](#)