



OFFICE OF THE DEAN OF STUDENTS

COUNSELLING AND WELLNESS SERVICES.

In today's fast paced and highly competitive and ever-changing world, students often face numerous challenges and complexities throughout their educational journey. Moreover, it is not unusual for the AU to have some employees struggling with workplace-related stress or personal issues. These problems can affect staff happiness, work performance through lowered productivity levels and collaboration. Counselling services are therefore pivotal to alleviate these unique and diverse challenges among students and staff to promote emotional, social and personal development.

Counselling is one of the sections under the Dean of Students Office. Our main mandate is to provide psychological support to all the students and AU staff. We do this majorly through counselling and mentorship. Apart from the University counsellors, there are a number of trained peer counsellors among the students who operate under the counselling section.

Why go for counselling at AU?

AU Counsellors are professional, confidential, non-judgmental, excellent sounding boards, compassionate listeners, and skillful experts in mental health. We give help and hope.

The services we offer include:

- **Individual counselling** – This is a process through which students or staff work one on one with a professional counsellor in a caring, and confidential environment to explore personal issues on areas such as finances, relationships, emotional distress, academic and health matter among others.
- **Group counselling** – This is where a group of students or staff with common issue are attended to by one or more counsellor at the same time, on issues such as drug addiction, loss and grief, trauma, unwanted pregnancy, LGBTQIA, cultism and relationships. Group counselling helps you realize you are not alone; it facilitates giving and receiving support, and helps you find your 'voice'.
- **Crisis management** – It is an intervention to assist an individual who has experienced an event that produces overwhelming mental, emotional, physical and behavioral distress on issues like disaster, suicide, rape, loss and grief, accident and sudden terminal illness.

- **Mentorship** – An experienced professional provides guidance and advice on specific topics/issues, drawing on their experience to help mentees overcome challenges and develop their skill sets.
- **Mediation** - It is the intervention of a third person or a mediator, into a dispute to assist the parties in negotiating jointly acceptable resolution of issues in conflict. For example, students in conflict with fellow students, staff or external members of AU community.
- **Referrals** – This is when a professional counsellor puts a client in contact with a specialist service that can offer help. These can be financial institutions such as HELB, rehabilitation centers, academic and management staff, job market, association of people living with disabilities and among others.
- **Online counselling services and webinars on mental health issues** – It is a mental health service that is provided through online mediums such as online chat, phone call, webinars, video conferences or any platform where a conversation can occur virtually.
- **Marriage and family therapy** – A specialized therapy aims to address psychological, behavioral and emotional issues that cause family problems.
- **Orientation of new students** – It gives new students the opportunity to familiarize themselves with AU services, policies, procedures and available support systems. It goes ahead to psychologically prepare them on what to expect during their academic journey so as to adjust to the new life.

Issues addressed in counselling may include but not limited to:

- Relationships
- Drug and substance use and abuse
- Illuminati
- Trauma
- Family issues
- Health issues
- Stress management
- Anger management
- Financial issues
- Loss and grief
- Sexuality
- Career guidance and counselling
- Addictions
- Identity crisis
- Life skills
- Peer pressure management
- Loss of self esteem
- Cultism and gangs

- Conflict management and resolution
- Time management
- Behavior change
- Emotional and psychosocial problems
- Study skills and examination taking techniques
- Job searching skills
- Personality disorder

The above services are offered in a confidential and professional manner.

Book an appointment

Take a step of trust and walk with the counsellor, schedule an appointment or ask a question on **0722383173**. The counsellors are always ready to assist and walk the journey with you.

Counselling services are available to all students and AU staff at **no fee**.

Working Hours

Monday – Friday

8:00 AM to 5:00 PM – physically or online

Saturday and Sunday

2:30 PM to 4:30 PM – online and strictly for crisis counselling.