



MCAST

Personal Counselling/Therapy

Personal Counselling/Therapy/Social Workers Assistance/Youth Worker Assistance

What is counselling/therapy/assistance?

Counselling/therapy provides you with a space to explore options for problems that are causing you distress or preventing positive life experiences.

Why speak to a counsellor/therapist/social worker/**Youth Worker**?

Talking to friends and family is very important. However, sometimes having someone who is trained to listen and is non-judgemental can support you further in dealing better with your issues in a safe space.

Why come for counselling/therapy/assistance?

In counselling/therapy/assistance you can deal with personal problems that are negatively affecting you.

Whatever life has offered you, you have the power to positively manage your own life and to take your own decisions.

MCAST Student House, Level 3, Main Campus, Paola

2398 7115 / 7129 / 7133 / 7157 / 7165 / 7186 / 7189

counsellors@mcast.edu.mt

Admin: 23987188

Gozo Campus

2398 7665 / 7666 / 7667

studentsupport-gozocampus@mcast.edu.mt

Student Support Services Administrator (SSSA)

The Student Support Services Administrator is usually the first person you meet when you ask for an appointment for counselling/therapy. The SSSA will meet you for the first session to listen to your concerns, explain procedures and guide you to the most appropriate service at MCAST when necessary.

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Group Activities

Different life experiences can influence our well-being. By participating in group workshops you have the opportunity to discuss with other students and the counsellors/therapists various personal and social themes of your choice. Group work enables a type of interaction that is not possible in one-to-one sessions.

Group interaction helps in addressing emotional distress through mutual sharing



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of experiences. Through these sessions, you will also learn to help each other and to work as a team. Acquiring group communication skills can be beneficial on a personal and academic level, as well as in your future workplace.

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Institute Student Support Services Coordinators

The Student Support Services Coordinators can be another main point of reference at your Institute. They can help you deal with any problems you encounter on both a personal and academic level. They can also assist you to access the appropriate services from which you can benefit. You may contact your institute for more details.

Social Workers' / Youth Worker Assistance

As an extension to Student Support Services, social workers / youth workers are readily available on campus on a daily basis. Their aim is to provide professional services and assistance in giving advice, support and guidance towards embracing your wellbeing in a holistic manner. Social / Youth workers ensure you are given the right support in a continuous manner and assist in seeking the right alternative opportunities for social growth and interactions. Social Workers / Youth Workers shall ensure that the right framework is adhered to at all times and that practice shall be in line with good practice and the relevant legislation at all times.