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UNIVERSITY OF
ABERDEEN

The Bounds
COUNSELLING & RESEARCH CENTRE

A new free counselling service provided by the person-centred counselling programme at the University of Aberdeen.

You may self-refer to our service by email, through a GP or another professional. We will then contact you to arrange an assessment appointment and send out more information about the service.

Contact us: thebounds@abdn.ac.uk

The service is currently being delivered on the Microsoft Teams platform - more information is available on our website:

www.abdn.ac.uk/the-bounds

Our aim is to provide a freely available counselling service which enhances the wellbeing of the local community and promotes belief in human potential.