




Making an Appointment

Enquiries and appointments may be made in the following ways:

-  telephone or email the centre
-  via SUSS Student Portal
-  in person



C-three (Counselling)

Singapore University of Social Sciences
Room A.3.05B, Block A
461 Clementi Road
Singapore 599491
Tel: +65 6248 1600
Fax: +65 6462 1349

Email: counsellingservices@suss.edu.sg

Website: <http://www.suss.edu.sg/C-three>

Opening Hours

Mon to Thu: 8.30am to 8.30pm
Fri: 8.30am to 5.30pm

C-three is an on-site confidential counselling service provided free-of-charge to all students and staff of Singapore University of Social Sciences (SUSS).

*I'm glad that SUSS provided
a safe and nurturing place
in C-three for me.*

CONNECT

*I feel so relieved after sharing
what I couldn't share with
anyone before!*

*I feel understood
and validated.*

*My counsellor hears my
concerns and desires, my
strengths and weaknesses.*

COUNSEL

*I've clarity and
self-understanding now.*

CHOICES

*I'm better able to regulate my emotions, and
I've gained insight for handling my issues.*

What is Counselling?

Counselling is a collaborative effort between the counsellor and client working through the client's issues to achieve effective psychological and emotional functioning. Counselling takes place in a safe and private setting where information shared by the client is kept confidential. Through the use of affective, cognitive, behavioural and systemic interventions, the counsellor facilitates growth and goal achievement of the client.

What can I talk about?

You can talk about anything that concerns you such as:

- * studies, work and family issues
- * relationship issues
- * decision-making and career choices
- * Stress, anxiety, sadness, anger and frustrations
- * personal development and empowerment