

CS: Quick Connect Supports

Version 22

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Quick Connects – Stepped Care Approach

What It Is:

Quick Connects are part of Seneca Polytechnic's Stepped Care Approach, designed to provide students with timely support through a 50-minute appointment. These appointments can be offered virtually, in person, or by phone, allowing for flexible access to care. Quick Connects provide students with a one-time opportunity to speak with any available member of the Counselling Services team. This service is designed to address urgent mental health concerns, guide students to the appropriate resources, and determine next steps for ongoing support.

Who Should Use This Service:

- Students who need timely support for stress, anxiety, or emotional concerns but don't require ongoing counselling at the moment.
- Those looking for guidance on a specific issue or concern (ex. exam stress, time management, personal struggles) and would benefit from a mental health check-in.
- Students who are unsure which service is best for their needs and want to discuss their situation with a professional to determine the next steps.

How It Works:

- **One-Time, 50-Minute Appointment:** Quick Connects are 50-minute sessions that provide timely assistance. During this time, students will meet with a member of the Counselling Services team who can offer guidance, support, and resources.
- **Team-Based Approach:** Quick Connects are part of a team approach, meaning that any available counsellor can meet with a student. The entire counselling team supports this service, ensuring flexibility and a quick response to students' needs.
- **Virtual, In-Person, or Phone Options:** Students can choose the format that best suits them—whether they prefer to meet in person, virtually through video, or by phone.

Next Steps: After the session, if further support is needed, the counsellor will help students determine the most appropriate next steps. This may include referral to Brief Counselling for ongoing support or other resources on campus



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