

# Who We Are

Version 9

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The Counselling Services (CS) team supports academic journey by working with students to explore, understand, and overcome challenges that impact personal well-being and mental health.

## Our Team

Our teams consist of Office Assistants, Counsellors, Student Support Intervention Specialists, Sr. Manager, and Director.

### Counsellors

Our Counsellors support wellbeing through short-term, brief counselling, groups, and workshops. Counsellors are [regulated health care professionals](#) in Ontario who hold professional degrees and balance their theoretical background with extensive practical experience. The team consists of Registered Psychotherapists, Registered Social Workers, and a Clinical Psychologist.

### Student Support and Intervention Specialists

Student Support and Intervention Specialists (SSIS) support immediate or acute situational or safety concerns by helping students navigate campus resources, service areas, as well as external community resources. SSIS work closely with members of faculty, different service areas, and Counsellors.