

# CS: Who We Are

Version 13

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

## Meet Our Team

*Real People. Real Support.*

Our team is made up of compassionate professionals who are here to listen, support, and guide you.

## Administrative Team

The friendly faces behind the scenes and welcoming you to our services. They help you book appointments, answer questions, and keep everything running smoothly.

## Personal Counsellors

Personal 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 Clinical Psychologists.

Personal Counsellors provide confidential, one-on-one mental health support to help students navigate personal and academic challenges. They offer a safe space to explore concerns, develop coping strategies, and enhance overall well-being. Personal Counsellors also connect students to additional resources within Seneca and the broader community to ensure comprehensive support.

### How They Support You:

- **Individual Counselling:** Personal Counsellors provide one-on-one sessions to support students' mental health and well-being.
- **On-going or Temporary Support:** Personal Counsellors offer two streams of services to best meet a student's need: Quick Connect Supports and Brief Counselling Supports.
- **Groups and Workshops:** Counsellors facilitate therapeutic and psycho-educational workshops and groups as another stream of service available to students.
- **Referrals & Resources:** Counsellors help students connect with appropriate services within Seneca and in the community for ongoing care.

## Student Wellbeing Specialists

Student Wellbeing Specialists are advocates and case managers who provide students with a holistic support system. They act as critical navigators within the post-secondary environment, helping students access a wide range of mental health services both within Seneca and in the broader community. Student Wellbeing Specialists offer crisis support, drop-in access, and serve as a pathway to connect students with services tailored to their needs.

### How they Support you:

- **Urgent Support:** Wellbeing Specialists provide urgent care, including helping students navigate mental health crises and offering stabilization strategies.
- **Drop-In Access:** Students can access Student Wellbeing Specialists through drop-in sessions for immediate support.
- **Pathway to Services:** Student Wellbeing Specialists help connect students to appropriate services, whether within Seneca Counselling Services or through community-based resources.
- **Case Management:** They assist students in coordinating their mental health needs, ensuring they are connected to the right professionals and services.

## Leadership Team

Our leadership team helps shape the vision and direction of Counselling Services. They work behind the scenes to ensure our services meet your needs, are easy to access, and stay current with best practices in student mental health.