

# Seneca Health and Wellness Resources

Version 3

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Many supports and services are available to help students throughout their Seneca journey:

<a href="#">Accessible Learning Services</a>
<a href="#">Counselling Services</a>
<a href="#">Athletics &amp; Recreation</a>
<a href="#">Seneca Medical Centre</a>
<a href="#">Learning Centre</a>
<a href="#">Student Services &amp; Student Life</a>
<a href="#">International Student Services</a>
<a href="#">Health Insurance: Domestic Students</a>
<a href="#">Health Insurance: International Students</a>
<a href="#">Gender-Based &amp; Sexual Violence Prevention Education</a>
<a href="#">Seneca Works</a>
<a href="#">SenecaSAFE App</a>
<a href="#">Equity, Diversity &amp; Inclusion (EDI)-Black, Indigenous and 2SLGBTQ+ Student Support</a>
<a href="#">First Peoples at Seneca</a>
<a href="#">Peer Mentoring at Seneca</a>
<a href="#">Seneca Sting Wellness Video Library</a>