CS: Book your Appointment

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Students can choose which pathway of support best fits their needs:

Well-being Supports: BOOK HERE

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 urgent support, drop-in access, and serve as a pathway to connect students with services tailored to their needs.

***NEW* Specialized Counselling and Therapeutic Supports: BOOK HERE**

Looking for on-going mental health support? Seneca's trusted community partners offer free and confidential on-going counseling and therapeutic services, providing expert care in a safe environment. You can access flexible scheduling during the day, evenings, or weekends. These specialized supports are available in multiple languages and cater to cultural diverse needs, ensuring you receive personalized care that fits your unique life and schedule.