

Resources:

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1. **Counselling Services:** Book an appointment with a Counsellor to receive one-on-one support for any mental well-being concerns. Counselling Services is open Monday-Friday from 9:30am-4:30pm.

Phone number: ☎ 416.764.9700

Email: ☎ senecacnas@senecapolytechnic.ca

2. **Good2Talk:** Call 1-866-925-5454 or text GOOD2TALKON to 686868.
3. **Kids Help Phone:** Call 1-800-668-6868.
4. **Sexual Assault Support:** 416-597-8808