

# CS: Brief Counselling

Version 1

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## Brief Counselling Services

### What It Is:

Brief Counselling services are part of Seneca Polytechnic's Stepped Care Approach -providing more traditional, ongoing support for students who require a deeper, sustained level of care. This service involves one-on-one sessions with a designated counsellor who works with the student over time, typically scheduling follow-ups every 2-3 weeks depending on the student's needs. The focus is on exploring the underlying causes of challenges, developing coping strategies, and offering professional guidance to support long-term well-being.

### Who Should Use This Service:

- Students who need ongoing support for personal, academic, or emotional concerns.
- Those looking for consistent sessions with a single counsellor to address deeper, longer-term mental health challenges, such as anxiety, depression, or life transitions.
- Students who prefer to work with the same counsellor throughout their journey and build a therapeutic relationship over time.

### How It Works:

- **Assigned Counsellor:** Unlike Quick Connects, students using Brief Counselling will be assigned to a specific counsellor with whom they will work consistently for support.
- **Scheduled Follow-Ups:** Follow-up sessions typically occur every 2-3 weeks, depending on the student's needs. This allows for a deeper exploration of concerns, development of coping skills, and progress tracking over time.
- **Ongoing Support:** This service offers more comprehensive care than Quick Connects, with the goal of supporting the student throughout their mental health journey and addressing more complex or long-term challenges.

Both Quick Connects and Brief Counselling services are essential parts of Seneca's Counselling Services team approach, ensuring that students have access to the support they need, when they need it. Whether you need immediate guidance or ongoing care, Seneca's Counselling Services is here to help you navigate your mental health and well-being with the right level of support.

