CS: Well-being Specialists

Version 5

Published 5/15/2025 by Tracey Laurin Last updated 11/18/2025 2:13 PM by Tracey Laurin



Student Wellbeing Specialists

What It Is

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.

Who Should Use This Service:

- Students in need of immediate urgent support or struggling with mental health emergencies
- Those seeking guidance on how to access a variety of mental health resources, both within Seneca and in the community.
- Students who need advocacy and case management to help navigate complex personal or academic challenges.
- . Students looking for drop-in services or someone to discuss their situation on a more urgent, informal basis.

How It Works:

- Urgent Support: Wellbeing Specialists provide urgent care, including helping students navigate urgent mental health challenges 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

Where are they located

- Student Wellbeing Specialists are available.
 - 9:30 a.m. 4:00 p.m
 - Monday-Friday
 - Campuses:
 - Newnham Campus: A3000 and The Service Hub
 - King Campus: GH2118 and The Service Hub
 - Seneca@York Campus: S1175 and The Service Hub

How do you connect:

- In-person drop-in during campus hours
- For urgent or crisis support during operating hours -email: "Student Wellbeing Specialists" <cswellbeingspecialists@senecapolytechnic.ca>
- For general inquiries and support email: "Counselling Services" < senecacnas@senecapolytechnic.ca>