

# CS: Student Wellbeing Specialists

Version 2

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## 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
- email: "Student Wellbeing Specialists" <cswellbeingspecialists@senecapolytechnic.ca>
- email: "Counselling and Accessibility Service" <senecacnas@senecapolytechnic.ca>