

# CS: Our Services

Version 4

Published 5/15/2025 by Tracey Laurin Last updated 5/27/2025 6:08 PM by Tracey Laurin



## About Our Services: Your Well-Being Matters, We're Here for You

*Support that fits your journey...real, relatable, and right when you need it.*

Seneca Polytechnic Counselling Services is here to help you thrive, not just academically, but personally and emotionally too. Life at college can be exciting, stressful, and everything in between. Whether you're navigating a tough moment, seeking personal growth, or looking to build new skills, we're here to support you in the way that works best for you.

Our services are built on a stepped care approach, that means you get the *right level of support* at the *right time*. From one-time sessions to ongoing counselling, urgent support, and skills-based groups, we've got your back.

## What We Offer

### Self-Directed Tools

*Support your mental health anytime, anywhere.*

Explore free online and community-based tools to support your mental health and well-being, on your own terms, at your own pace. Whether you're looking to manage stress, improve sleep, or learn new coping strategies, these self-guided resources can help you take the next step.

These tools are great if:

- You're not quite ready to connect with a counsellor
- You want something to complement your existing care
- You prefer flexible, on-demand support

## Student Wellbeing Specialists

*Your mental health navigators.*

These specialists help connect you with the right supports, within Seneca and the community. They're also your go-to for urgent needs and crisis situations.

They offer:

- Urgent support for mental health challenges
- Drop-in access for quick check-ins
- Advocacy and referrals to other services
- Case management to make sure nothing falls through the cracks

## Workshops & Collaborations

*Find your flow, fuel your goals, one support at a time.*

Looking for support that's real, relatable, and actually helpful? Seneca's group wellness supports are a powerful way to connect, learn, and grow, all in a supportive, welcoming space. Whether you want to build confidence, manage stress, or simply meet others who get what you're going through, our groups are a great place to start.

You'll leave with new tools, real insight, and maybe even some new friends. It's all part of Life@Seneca, because your mental health matters here.

## Group Supports

*Wellness starts with one click. Choose what works for you.*

These engaging, interactive sessions are designed to boost your well-being and your student life. Perfect for students who want to:

- Manage stress & anxiety
- Explore their identity or goals
- Build healthy habits
- Stay grounded while juggling responsibilities

## Integrated Wellness Supports

*Feel more grounded, gain new tools, and start where you are.*

Looking for deeper support while navigating life's challenges? These groups offer safe, healing spaces where you can grow resilience, explore difficult emotions, and connect with others walking a similar path. Perfect for students who want:

- Support with overwhelming feelings or mental health concerns
- Help navigating identity, trauma, or transitions
- A non-judgmental community of understanding and growth

## Quick Connects

*One conversation can make a big difference.*

Need to talk to someone soon? Quick Connects are 50-minute appointments with a counsellor, offered in-person, virtually, or by phone. Whether you're dealing with stress, anxiety, or just need guidance, we'll help you explore your options and figure out your next steps.

Great for:

- Students who need support now, but not necessarily ongoing counselling
- Mental health check-ins and short-term guidance

- Figuring out what kind of help you need

#### **Brief Counseling**

*Support for when you need more than just one session.*

If you're facing something bigger, like anxiety, depression, or life changes, Brief Counselling provides consistent, one-on-one sessions with the same counsellor. You'll meet every 2–3 weeks and work together on strategies for coping and growth. Ideal for:

- Ongoing support with emotional, academic, or personal issues
- Students who want to build a connection with a counsellor
- Those looking for deeper, more sustained care

Start exploring today and find what works for you, because support should be as flexible and accessible as you need it to be.