

CS: Community Connections

Version 3

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When You Might Be Referred

Sometimes, students may benefit from ongoing or specialized support that extends beyond our on-campus services. When this happens, we'll work with you to explore community options that align with your goals, preferences, and circumstances. This may include connections to:

- Long-term or specialized therapy services
- Psychiatric consultation or treatment
- Programs focused on trauma, substance use, or eating concerns
- Cultural, identity-based, or language-specific supports
- Community wellness, health, or crisis resources

Our goal is to make the process easy, compassionate, and supported.

Why Community Connections Matter

Seneca's Counselling Services Scope of Practice defines the type and duration of support that can be provided by our team. Our Personal Counsellors and Wellbeing Specialists focus on short-term, goal-oriented support within an academic setting, helping students build coping strategies, strengthen emotional wellness, and manage life challenges that affect learning.

When a student's needs require longer-term, intensive, or specialized care, our team helps ensure they're connected with appropriate support. This ensures that care is safe, ethical, and aligned with professional standards while maintaining continuity of support.

Our Stepped Care Approach

Seneca's Counselling Services uses a Stepped Care model, meaning support is personalized and flexible. Some students benefit from self-guided tools, workshops, or brief counselling. Others may need more frequent or specialized services.

Each step is about finding what works best for you at this point in your journey.

What to Expect

If the Personal Counsellor or Well-being Specialist recommends a Community Connection:

- Collaborative Discussion: You'll explore your current needs together and talk about what kind of care might be most helpful next.
- Referral Options: The Personal Counsellor or Well-being Specialist will share community options that align with your preferences (i.e., location, identity-based supports, or accessibility).
- Warm Connection: When possible, we'll help make a direct referral or provide guidance on how to connect with the community service.
- Follow-Up Support: If appropriate, we'll check in to ensure the transition feels supported and that you're comfortable with your next steps.

Your Well-Being, Your Path

Every student's journey is unique. Whether you're starting with us, continuing with on-campus care, or transitioning to community-based supports, our team is here to listen, guide, and connect you to the right resources so you can thrive, at Seneca and beyond.

