

CS: 1:1 Supports

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1:1 Supports

At Seneca Polytechnic, our 1:1 Supports are designed to give you flexible, personalized care that meets you where you are. Whether you're looking for a one-time check-in or multiple sessions, our team offers two levels of individual support, Quick Connects and Brief Counselling, as part of Seneca's *Stepped Care Approach*.

Both options are delivered by our Counselling Services team and can be accessed virtually, or in person.

What It Is

1:1 Supports provide students with the opportunity to meet confidentially with a professional counsellor to talk through personal, academic, or emotional concerns. Depending on your needs, this may involve:

- *Quick Connects*: one-time, 50-minute appointments offering timely support and guidance.
- *Brief Counselling*: a series of sessions with a designated counsellor for additional support.

Together, these services ensure that every student can access the right level of care, at the right time.

Who Should Use This Service

You might choose 1:1 Supports if you:

- Need to talk to someone about stress, anxiety, or other personal challenges.
- Want guidance to help you manage a specific issue or concern.
- Are looking for short-term counselling tailored to your situation.
- Aren't sure what kind of support fits best, our team will help you find the right match.

How It Works

Quick Connects

- *One-Time, 50-Minute Appointment:* A single session focused on timely support for immediate concerns or decision-making.
- *Team-Based Service:* You'll meet with the first available counsellor who can provide guidance, coping strategies, and campus or community referrals.
- *Next Steps:* After your appointment, the counsellor may recommend follow-up through Brief Counselling or other Seneca resources if ongoing support would help.

Brief Counselling

- *Multi-Session Support:* Meet with the same counsellor to explore challenges and create care plans for your success.
- *Follow-Up Sessions:* Typically scheduled every 2–3 weeks for 2–8 sessions per semester, depending on your needs.
- *Focus on Growth:* Develop coping strategies, explore root causes, and work toward your long-term well-being.

Book an Appointment with Us!

How To Book an Appointment

- Step-by-step guide and video tutorials on how to book an appointment with Counselling Services.

Book an Appointment

- Direct link to the Student Portal where you can book an appointment, complete/view

our Consent forms, view your upcoming appointments and more!
