

# Seneca offers support as global unrest affects students

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Unrest in different parts of the world is deeply affecting many of us. Seneca's supports and services are committed to helping you. Please connect with the following resources available:

- **Academic support:** Speak with your professor(s) if you are experiencing academic challenges. This can help them support your success in your courses.
- **Well-being support:** [Schedule an appointment](#) with [Counselling Services](#) to meet with a Student Well-Being Specialist. You can discuss how you're feeling and learn about services on and off campus that may help.
- **International student support:** Connect with the [International Student Support](#) team for information and guidance on available supports and resources.

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