

# Counselling Services

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## Welcome to Counselling Services!

Here's what you need to know about us:

**Free** – All services offered by Counselling Services (CS) are free to full time students enrolled at Seneca Polytechnic.

**Voluntary** – Students must consent to access our services, no one can make an appointment on behalf of a student and no one can force a student to attend a session with one of our staff.

**Confidential** – Our services are confidential, which means that the information that is shared with us will not be disclosed with anyone else unless we have clear permission to do so. There are exceptions to this which are explained in the "Counselling Services Privacy Notice."

Counselling Services offers a range of supports available to students at Seneca Polytechnic. When students face challenges that interfere with their ability to engage fully in their academic program, Counselling Services is there to offer assistance and support during their academic journey at Seneca Polytechnic.

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