are you feeling **anxious**?
are you experiencing **stress** related to your academic studies?
is adjusting to university, a new city or culture **difficult**?
is your self-confidence **low**?
are you having **trouble** in your relationships?
want to talk to someone about your **sexuality or gender identity**?
do you worry about **substance or alcohol use**?
are you concerned about your **body image**?

Counselling

We can help

We are an initiative by the University of Toronto Health and Wellness, Factor-Inwentash Faculty of Social Work, and Faculty of Arts and Science Undergraduate Colleges of St. George Campus.

Counselling works in collaboration with the **University of Toronto Sexual and Gender Diversity Office** and **The Transitional Year Programme**.

We offer face-to-face counselling and online counselling for Faculty of Arts and Science College Undergraduates and Transitional Year Programme students.
Online Counselling (email or live chat) and Face-to-Face Counselling Services for:

- Anxiety and Depression
- Relationship and Interpersonal Difficulties
- Adjusting to Life in a New Country
- Transitioning to University
- LGBTQ Counselling
- Self-Esteem Issues
- Grief and Bereavement
- Family Problems, Homesickness
- Substance / Alcohol / Drug Use
- Academic Bridging Students
- Transitional Year Programme

Who We Are

Graduate intern students of the Factor-Inwentash Faculty of Social Work, University of Toronto, provide both short-term online counselling and face-to-face counselling.

The students are supervised by a registered social worker.

When We Are Available

Wednesdays through Fridays, 9:00a.m.-5:00p.m. for both online counselling and face-to-face counselling, during the academic year (September - April)

Where We are Located

1. Factor-Inwentash Faculty of Social Work
2. New College
3. St. Michael’s College
4. Transitional Year Programme
5. University College

We are an appointment-based, non-emergency service. No walk-ins please.

How to get in Touch

Call 416-946-5117
Please leave a confidential voice message with your name and phone number and we will contact you.

Benefits of our Service

- Psychosocial assessment and treatment
- Face-to-face counselling
- Online Counselling (instead of or in addition to face-to-face counselling)
- The wait-time is expected to be short
- No fee