

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?**



Counseline

onsite # online 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.

Counseline 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.

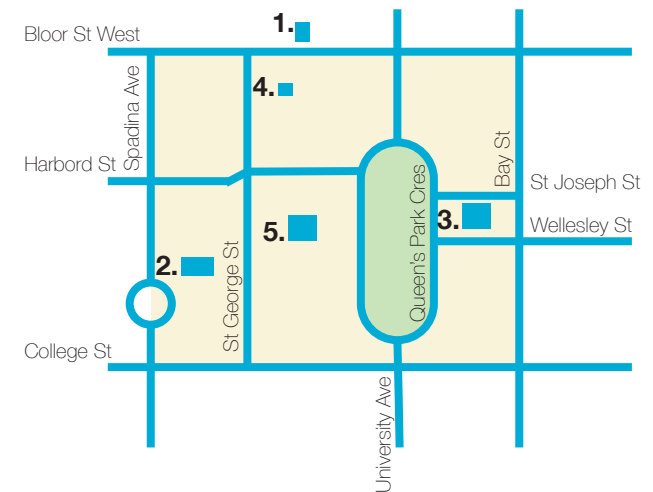
How to get in Touch

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

Campus Map



Counselling

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Health and Wellness St George Campus,
Factor-Inwentash Faculty of Social Work and the
Faculty of Arts and Science Undergraduate Colleges