Counselling & Psychological Services

Presented by:
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Counselling & Psychological Services

Locations
1. Needles Hall Expansion - 2nd floor
2. Health Services - 2nd floor – MH Services

Counselling Hours: Monday – Friday 8:30 – 4:30
Walk-in Hours: Wednesday & Thursday 11:30 – 3:30

Math Counselling Office: MC 4019C Ext: 35622
What do we offer?

- Short term Individual Counselling
- Group Counselling/Workshops
- Coping Skills Seminars
- Crisis intervention
- Psychodiagnostic Assessments
- Psychoeducational Assessments
- Walk - in counselling
- Single session appointments
How to make an appointment

• In person - Needles Hall Expansion - 2nd floor
• In person - Health Services - 2nd floor
• By telephone if absolutely unable to come in person

• First meeting will be with an intake counsellor
• The purpose of the intake is to determine needs and appropriate next steps.

• Crisis/urgent appointments
• Walk-In Counselling
Groups and Workshops

- Mindfulness for Depression (MBCT)
- Mindfulness Based Stress Reduction (MBSR)
- Cognitive Therapy for Depression
- Cognitive Therapy for Anxiety
- Developing your Compassionate Mind
- Coping Skills Seminars
A few reasons grad students may seek counselling…..

- Transition to new culture/environment
- Stress management
- Anxiety/depression/bipolar
- Relationships- friends, family, romantic, peers, faculty
- Living situation/roommate problems
- Assault/abuse
- Self harm
- Problematic Substance use
- Body Image/irregular eating patterns
- Internet/gaming problems
- Gambling
- Sexual orientation
- Gender identity
Barriers to seeking counselling

- Negative beliefs regarding counselling services i.e., help is a sign of weakness
- Stigma around counselling
- Stigma around mental health
- Lack of awareness of service
- Fear of (negative) judgement by others.
Referrals – When other people may be in distress

• Walk the person over the counselling if they are willing to go with you.

• Call to consult with us at extension 32655 or myself at extension 35622
Resources

1. University of Waterloo Police (General Services Complex) (519) 888-4567 ext. 22222

2. Waterloo Police, Fire or Ambulance - dial 911

3. Here247 – Addictions, Mental Health & Crisis Services - 1-844-437-3247

4. Crisis Clinic – Grand River Hospital – (519) 749-4300 (ask for crisis team)

5. University of Waterloo Counselling Services – Needles Hall Expansion – 2nd floor – extension 32655

6. University of Waterloo Health Services – (519) 888-4567 ext. 84096

7. Good2Talk – Post-Secondary student helpline 1 (866) 925-5454

8. Student Success Office – Academic Skills – (519) 888-4567 ext. 84410