Campus Wellness

**Who are we?** Counselling Services’ is part of the larger Campus Wellness team of multi-disciplinary professionals who provide health and mental health services for students to achieve academic success and live a meaningful life. We strive to provide a secure, supportive environment for students of all orientations and backgrounds.

**Do students have to pay for counselling?** No. Counselling is provided at no additional cost to University of Waterloo students who are currently registered or on a co-op term.

**What does CS do?** We provide counselling, support coordination, and other resources to support students’ metal health. We also provide support requests for our campus community.

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| **Counselling**  We offer intensive single-session appointments, individual counselling, and group counselling. We also have crisis sessions available every day. | **Support Coordination**  We offer support co- ordination that assists students with system navigation and getting connected with on and off campus supports for mental health, academic accommodation, and other concerns. | **Other Resources**  We offer counselling workshops and seminars every semester. We also have information and pre-recorded workshops on several wellness and mental health topics such as: sleeping well, relaxation exercises, and stress management. (see our website below for offerings and details). |

**What’s new? Same Day Service re-launched this month**!

Same Day Single Session appointments are a good option for students who do not want or require ongoing counselling, or who already have a counsellor but have had something come up in between sessions that is pressing they wish to discuss. These appointments are 1.5 hours—longer than traditional counselling sessions. Students can request a same day appointment on Wednesdays between the hours of 8:00am–12:00pm by submitting a form. These appointments are limited and are assigned on a first-come, first-served basis. We recommend students request an appointment early in the day!

**How can students schedule an appointment?** Call us at 519-888-4096. Students will be scheduled for a 30-minute meeting with an Intake Specialist who will clarify your counselling concerns and goals and match you with the service/clinician to best meet the student’s needs.

**For more info:** [**https://uwaterloo.ca/campus-wellness/counselling-services**](https://uwaterloo.ca/campus-wellness/counselling-services)