Counselling and Support

Ways to talk about what's on your mind!

**Individual Counselling [1]**
Explore, understand, and work through any personal issues you may have with a counsellor or therapist.

**Wellness Education Centre [2]**
The Wellness Education Centre offers a variety of programs, workshops and resources to promote students' health and well-being.

**Student Support Network [3]**
Drop-in to Raithby house to chat with volunteers trained in active listening and referral for confidential peer support.

**Therapy Groups [4]**
The numerous therapy groups available to students provide an opportunity for support, skill building and personal growth in a group setting.

**The Men's Group [5]**
This all-male program is designed to assist men in the process of self-exploration, self-discovery and personal growth.

**Student Accessibility Services [6]**
Provides accessibility accommodations for students with registered disabilities, including mental health disabilities.

**International Student Advisor [6]**
Provides information and resources to international students who may have lots of questions during their studying at the University of Guelph here in Canada.

*All counselling sessions are free of charge for registered students.*