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.*
**Links**

1. https://www.uoguelph.ca/counselling/node/972
2. https://www.uoguelph.ca/studenthealthservices/wellness-centre/what-we-offer
3. https://www.uoguelph.ca/counselling/student-support-network
4. https://www.uoguelph.ca/counselling/services-offered/therapy-groups
5. https://www.uoguelph.ca/counselling/services-offered/journeymen-men%E2%80%99s-program
6. https://www.uoguelph.ca/csd/current-students