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.

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

© 2016 University of Guelph
**Source URL:** https://www.uoguelph.ca/mentalwellbeing/counselling-and-support

**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