

Centre for Student Development & Counselling

The CSDC offers free and confidential counselling for all Toronto Metropolitan University (TMU) students*. Counselling services are provided in-person and virtually by a team of professional counsellors who work with students in addressing a variety of mental health and support needs.

We offer:

- Individual and group counselling
- Career counselling
- Case management and crisis support
- Mental health education and outreach
- Community resources and referrals

Location

Jorgenson Hall (JOR-07C)
Lower Ground Floor
350 Victoria Street

Hours

Monday - Friday, 9am to 4:45pm

Contact

To book an appointment, contact **416-979-5195** or **csdc@torontomu.ca**. Messages are being monitored regularly during business hours, and our front desk staff will respond as soon as possible.



Care Planning Appointments

When you first contact the CSDC, you will be offered a Care Planning Appointment (CPA), usually within one week. At this initial appointment, you will meet one-on-one with a professional counsellor who will provide immediate therapeutic support, help you to explore and understand your concerns, and work with you to make a plan for coping and for next steps.

A limited number of appointments are also reserved each day for very urgent and time-sensitive concerns.

Brief Counselling

For students whose concerns can be addressed within 1-3 sessions, brief counselling may be recommended. Brief counselling offers students immediate support for crisis situations, unexpected events, or recent stressors and transitions. The focus of brief therapy is on increasing supports and skills to address current needs.

Community Resources & Referrals

Counsellors provide resource navigation for students seeking services off campus, who have access to third party insurance or private funds, or whose needs are better addressed by service providers outside of the CSDC, including both on- and off-campus supports.

Case Management Support

Counsellors at the Centre can assist you with navigating university systems, connecting to appropriate resources, and providing referrals to additional services when needed.

For more complex situations, our **Care Team** — which includes two dedicated Case Managers — offers additional support navigating and coordinating support best suited to your needs.

Ongoing Counselling & Psychotherapy

The CSDC provides counselling and psychotherapy for students requiring ongoing care. The focus of ongoing psychotherapy is on identifying and working through a specific ongoing mental health issue or personal concern. Examples include (but are not limited to):

- anxiety/depression
- family, relationship and interpersonal issues
- trauma (including sexual violence and racial trauma)
- concerns with eating and body image
- culture and identity concerns

Appointments are usually 50 minutes in length. We work using a time-limited counselling model and a range of therapeutic approaches tailored to students' needs and presenting concerns.

Therapy Groups

The CSDC offers a variety of group and workshop programs that address a wide range of mental health issues, including depression, grief, relationship issues, shyness, worry, family conflicts, sexual identity, substance use, eating disorders, and trauma. Our group programs are offered at different times throughout the year and vary in time duration and commitment. Please see our website or connect with the CSDC directly for more information.

Mental Health Outreach & Education

Counsellors at the CSDC provide outreach and education for faculty, staff and students regarding mental health issues and strategies for support. Outreach includes faculty and staff consultation and development and facilitation of workshops on campus.

Crisis Support

Crisis support is available through our booked appointments for new and ongoing clients. Students who require immediate support can call the Good2Talk line for post-secondary students at 1-866-925-5454. Students in immediate crisis can contact the Gerstein Distress Line at 416-929-5200, call 911, or proceed to the nearest hospital.

Eligibility for service

*Eligibility for service: The services of the CSDC are available to all TMU full- and part-time undergraduate and graduate students who are eligible to proceed in their program and are not on academic leave. It should be noted that Continuing Education and Special Students have limited access to counselling.

