

Centre for Student Development & Counselling

The CSDC offers free and confidential counselling for all Ryerson students*. Our counselling services are provided by a team of professional counsellors who work with students in addressing a variety of mental health and support needs.

We offer:

- Individual counselling
- Group counselling
- Crisis support
- Community resources and referrals
- Mental health outreach and education

Location

Due to Ryerson's response to COVID-19, counselling services at the CSDC are currently being offered remotely via telephone or video.

Please visit our website for service updates.

Hours

Monday - Friday, 9am to 4:45pm

Contact

To book an appointment, contact **416-979-5195** or **csdc@ryerson.ca**.

Messages are being monitored regularly during business hours, and our front desk staff will respond as soon as possible.



Initial Counselling Appointments

During this period of virtual care, the CSDC offers initial counselling appointments that are released daily, two days prior to the appointment time. A limited number of appointments are also available for students requiring a pre-booked appointment beyond two days from the time of request. At the 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 next steps.

Brief Counselling

For students whose concerns can be addressed within 1-3 sessions, brief counselling may be recommended. Brief therapy 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.

Ongoing Counselling & Psychotherapy

The CSDC provides support 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 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. For students in crisis who require immediate support, Ryerson has partnered with Keep.meSAFE to provide all students with 24/7 mobile access to licensed counsellors via the My SSP app for the duration of the COVID-19 pandemic. Mental health care can be provided in over 60 languages and available to students residing outside of Ontario or abroad.

Download the My SSP app on your phone's app store, or call 1-844-451-9700.

Eligibility for service

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

