

ANXIETY
DEPRESSION
EATING DISORDERS
FAMILY PROBLEMS
GENERAL CONCERNS
INTERPERSONAL DIFFICULTIES
SEXUAL ABUSE
SEXUAL ISSUES
SEXUAL ORIENTATION CONCERNS
SUBSTANCE/ ALCOHOL / DRUG USE



Call us at
416.946.5117

Are you feeling down?
Do you find yourself anxious?
Do you have a hard time concentrating on school?
Is adjusting to university difficult?
Is your self-confidence low?
Do you need help with emotional issues?
Are you having trouble in your relationships?
Are you worried about your drinking?
Are you feeling out of sorts?

We can help.

What We Are

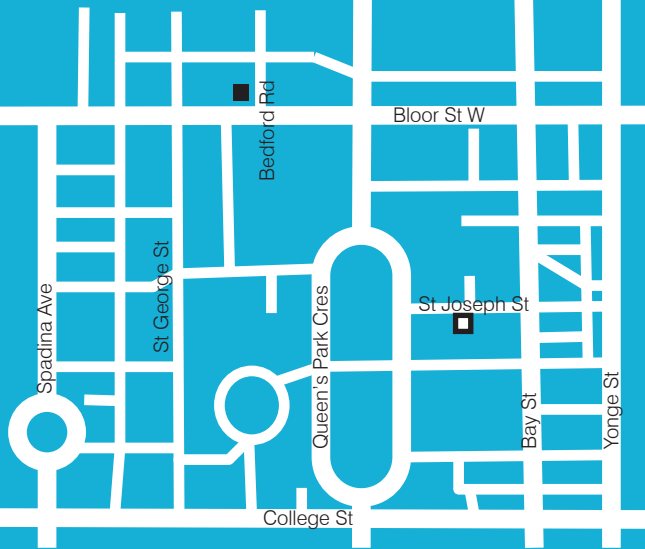
A new initiative of the Factor-Inwentash Faculty of Social Work, University of Toronto, we provide counselling and cyber counselling for students of St. Michael's College and Victoria College.

Whom We Serve

Students of St. Michael's College and Victoria College.

Counselling and Cyber Counselling Services to Help With:

- Anxiety
- Depression
- Eating disorders
- Family problems
- General issues
- Interpersonal difficulties
- Sexual abuse
- Sexual issues
- Sexual orientation concerns
- Substance / alcohol / drug use



Who We Are

Graduate students of the Factor-Inwentash Faculty of Social Work, University of Toronto, provide both face-to-face counselling and cyber counselling. The students are supervised by a registered social worker, who has many years of experience counselling University of Toronto students.

When We Are Available

Wednesdays through Fridays, 9 A.M. – 5 P.M. during the academic year (September 2008 – April 2009).

Where We Are Located

We are at 2 locations

■ Factor-Inwentash Faculty of Social Work
246 Bloor Street West (Bedford & Bloor)

□ St. Michael's College
Muzzo Family Alumni Hall
121 St. Joseph Street

How to Get in Touch

Call 416.946.5117

Please leave a confidential voice message with your name and phone number and we will contact you.

Benefits of Our Service

- Face to face counselling
- Option of cyber counselling instead of or in addition to face-to-face counselling
- Psychosocial assessment and treatment
- Since we are a new service, the wait-time is expected to be short
- Counselling can be longer-term (until the end of the academic year)
- No fee

