are you feeling anxious?
do you have a hard time concentrating on school?
is adjusting to university difficult?
is your self-confidence low?
are you having trouble in your relationships?
do you worry about substance misuse?
are you concerned about your body image?
are you worried about your drinking?

We are an initiative by the Factor-Inwentash Faculty of Social Work, University of Toronto Health and Wellness, St. George Campus and the Faculty of Arts and Science Undergraduate Colleges, and we are collaborating with the University of Toronto Sexual and Gender Diversity Office. We offer face-to-face counselling and online counselling for Faculty of Arts and Science Colleges Undergraduates.
Online Counselling (email or live chat) and Face-to-Face Counselling Services for:

- Anxiety
- Depression
- Family Problems
- School Issues
- Interpersonal Difficulties
- Relationships
- Substance / Alcohol / Drug Use
- LGBTQ Counselling
  Students can request LGBTQ-focused counselling online and face-to-face for issues related to sexuality, sexual orientation, gender identity and gender expression.

Who We Are

Graduate intern students of the Factor-Inwentash Faculty of Social Work, University of Toronto, provide both short-term online counselling and face-to-face counselling.

The students are supervised by a registered social worker.

When We Are Available

Wednesdays through Fridays, 9:00a.m.-5:00p.m. for both online counselling and face-to-face counselling, during the academic year (September 2014-April 2015)

Where We are Located

1. Factor-Inwentash Faculty of Social Work
2. New College
3. University College
4. Woodsworth College

We are an appointment-based, non-emergency service. No walk-ins please.

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

- Online Counselling (instead of or in addition to face-to-face counselling)
- Face-to-face counselling
- Psychosocial assessment and treatment
- Since we are a new service, the wait-time is expected to be short
- No fee

Campus Map