

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?**



Counseline

onsite # online counselling



We can
help

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

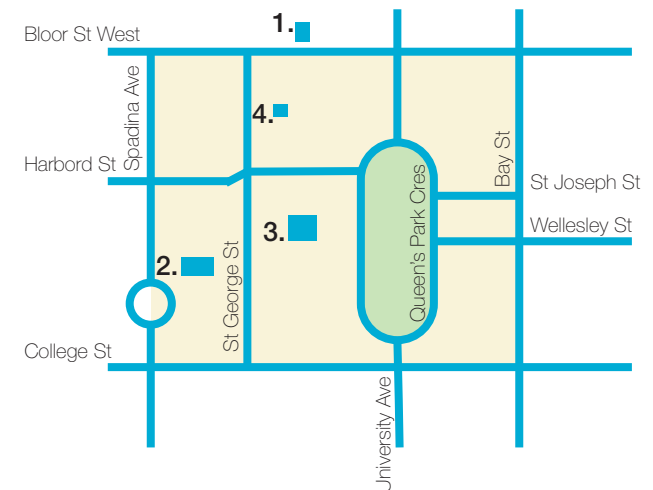
Call 416-946-5117

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



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