

Pathways to Care

There are many pathways to access support. What paths will you choose?

Review Your Own Self-Care

How are the following present in your life?

- Exercise
- Healthy eating
- Healthy sleeping
- Fulfilling social activities
- Mindfulness practice
- Time management
- Other tools and strategies to deal with stress



Use Online Tools for Self-Directed Care

We have many online resources that you can access at any time:

- Essential Study Skills Guide:
 - Time Management
 - Stress Management
 - Studying and Test-Taking
 - Reading and Note-Taking
 - Presentation Skills
 - Career and Program Choice
- Resilience
- Sleep
- Peer support with Big White Wall
- WellTrack
- BounceBack
- “Just As I Am” and “Your Best You” workbooks

See our website for more information and links.

algonquincollege.com/counselling/apps-and-online-tools/

Same Day or Next Day Access

Counselling is first accessed, very rapidly, by consultation sessions with professional counsellors. These are available throughout weekdays on a same or next day appointment, on a first-come, first-served basis. You can access this service by phone, online, or in-person.



Community Referrals

If you need support outside of what Counselling Services provides, we will help connect you to resources in the community. In addition, if you are looking for 24/7 community support, you can call Good2Talk at 1-866-925-5454 or by dialling 2-1-1.



Workshops

Take your skills to the next level with workshops in the Digital Literacy Lab on:

- Time Management
 - Note-Taking
 - Motivation
 - Study Strategies
 - Exam Prep
 - Stress Management
 - Group Work
- Sessions are held frequently. For dates, times, and locations, please visit the website.



Individual Sessions

Talk to a counsellor for short-term support to help you thrive as a learner.



Groups

We offer a variety of groups to help you manage your mental health concerns and improve mental wellness. Our groups provide a safe, supportive space where you can connect with your peers and explore different perspectives, skills, and coping strategies for dealing with challenges. Most groups are led by one of our counsellors.

To find upcoming groups, visit algonquincollege.com/counselling/groups



Therapy Assisted Online

Use self-guided modules or workbooks combined with face-to-face support from a counsellor.

