

# Counselling Services

SERVICES AND APPOINTMENT GUIDE



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**ABOUT**

# YOUR COUNSELLOR

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## **Shannon Sevigny, M.C., RP, CCC**

Shannon is a Registered Psychotherapist and a Canadian Certified Counsellor. She has a Master's in Counselling Psychology and an undergraduate degree in psychology, with a focus on health psychology and feminist studies.

Shannon has worked in post-secondary settings for the past 8 years, and sought out this role after her own experience with mental illness during university. Her areas of clinical expertise include anxiety and mood disorders, stress and coping, and insomnia and chronic illness. Shannon incorporates techniques and interventions from Acceptance and Commitment Therapy, Dialectical Behaviour Therapy, Cognitive Behavioural Therapy, and Solution-Focused Brief Therapy.

In her free time, Shannon likes reading, being by the water, and spending as much time with dogs as possible. She is a film buff and she often brings her sense of humour and love of pop culture into sessions.

## **Availability**

Shannon works part-time and her weekly hours vary throughout the year. Please check with Shannon or Student Services for her current schedule.

## **Contact**



613-735-4700 x 2804



[sevigns@algonquincollege.com](mailto:sevigns@algonquincollege.com)



Room 138, Student Services



[algonquincollege.com/bookshannon](https://algonquincollege.com/bookshannon)



[algonquincollege.com/pembroke/counselling](https://algonquincollege.com/pembroke/counselling)

# SERVICES AVAILABLE

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## SHORT-TERM COUNSELLING

- ✓ Emotional Support
- ✓ Wellness Coaching
- ✓ Brief Interventions
- ✓ As-Needed Support



## CONSULTATION

- ✓ Initial Assessment
- ✓ Resource Referral
- ✓ Treatment Guidance
- ✓ Career Exploration

## SERVICES NOT AVAILABLE



### Regular Counselling

Shannon is unable to become your personal, regular counsellor, and weekly appointments are not available



### Treatment/Psychotherapy

Shannon is unable to provide targeted treatment/psychotherapy for most mental health disorders



### Assessment/Diagnosis

Assessment and diagnosis can only be provided by a medical doctor, psychologist, or nurse practitioner



### Crisis Response

Immediate response to an urgent crisis and/or need for same-day support is not guaranteed

# APPROACH

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Counselling Services uses a Single-Session counselling model with a Stepped Care approach to intervention and supports

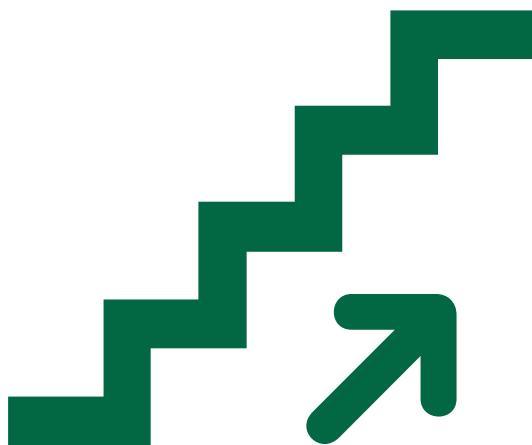
## SINGLE-SESSION COUNSELLING

- Sessions focus on addressing a specific present concern
- Primarily focused on solutions, resources, and next steps
- Some sessions may focus more on emotional support
- Students may or may not require additional sessions to address the issue or concern
- Students can access single-session appointments as many times as needed throughout the school year, for a variety of reasons



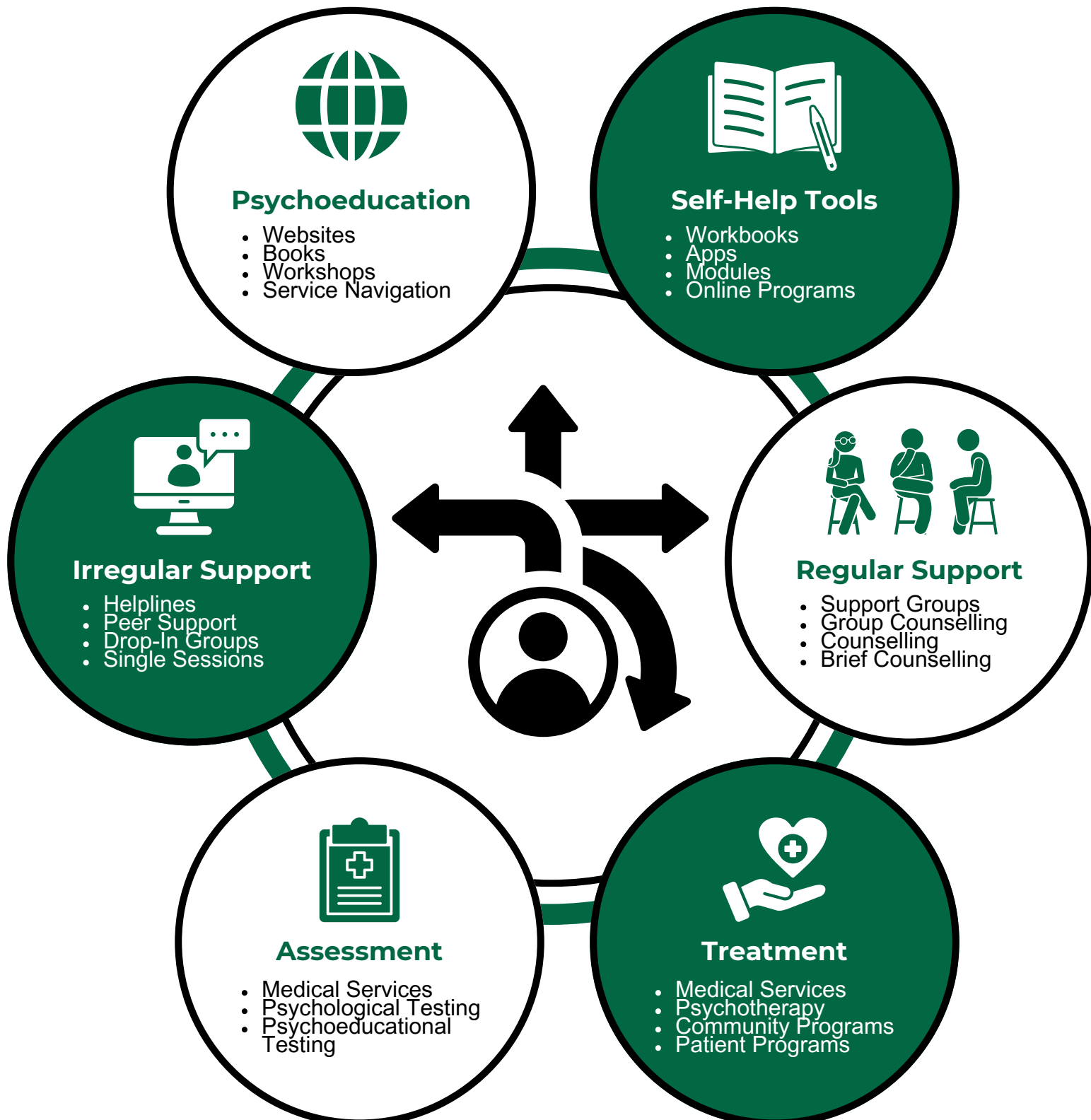
## STEPPED CARE

- Supports and resources are explored with the counsellor
- Interventions are based on the presenting concern and level of support needed
- Interventions are also based on preferences, time, and availability of resources and supports
- Less intensive interventions are generally explored first
- The impact and type of interventions can be assessed and increased as needed



# PATHWAYS TO CARE

There are many different ways that students can access support to help them best fit their individualized needs, preferences, and goals



# APPOINTMENTS



# APPOINTMENTS

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## Length

30-minute appointments



## Location

On campus (Room 138)



## Options

Telehealth (Zoom)  
appointments are available



## Referral

Students self-refer and must  
consent to all services



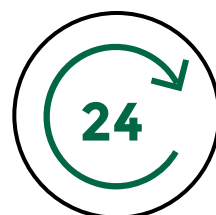
## Booking

Student self-book through an  
online booking system



## Scheduling

Appointments can be booked up  
to 3 weeks in advance



## Scheduling

Appointments must be booked  
at least 24 hours in advance



## Frequency

Weekly appointments  
are not available

# WHAT TO EXPECT

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Everyone is different, and Shannon will always provide you with individualized, student-led support and an approach that isn't too clinical, formal, or structured. In general, appointments usually involve the following:



### **REVIEW OF PAPERWORK**

If it is your first appointment, Shannon will review your completed intake forms. Shannon will ask any follow-up questions necessary, and ensure your understanding of the confidentiality policy and consent process.



### **REVIEW OF SERVICES**

Shannon will answer any initial questions you have, and she will provide you with a brief overview or reminder of how Counselling Services works, including the timeframe and focus of the session.



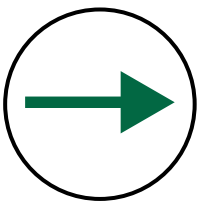
### **REVIEW OF NEEDS**

Depending on what you are looking for support for, Shannon will give you the space to talk about what is going on, or she will ask you questions to help you both identify your current struggles and needs.



### **REVIEW OF SUPPORTS**

If additional support is needed, Shannon will provide you with guidance on what resources may best fit your needs and preferences and you will collaborate on an individualized care plan.



### **REVIEW OF NEXT STEPS**

Shannon will provide you with a document which summarizes what has been discussed, which will include a general breakdown of the next steps and any follow-up plan.

# BOOKING APPOINTMENTS

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## How do I book an appointment?

1

### USE THE BOOKING SITE

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Students can book their appointments directly through the [online booking site](#)

2

### REVIEW AVAILABILITY

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Review what type of appointment is offered (in person or virtual) and the times available

3

### BOOK A TIME

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Select the type and time of appointment and you will be guided through the required information fields

4

### AWAIT CONFIRMATION

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You will receive an email confirming your booking and any additional information needed

If none of the times work and/or if you are looking to get in sooner than is available, you can email Shannon directly. Please note, Counselling Services is not a crisis service, so same-day and even same-week appointments are not guaranteed. If you are looking for support as soon as possible, please review the other community supports available to you (p. 15).

# PREPARATION

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## **COMPLETE INTAKE PAPERWORK**

If this is your first appointment, you will need to complete (2) intake forms, in person before your appointment. If it is a Zoom session, Shannon will email you the forms to complete electronically.



## **CONSIDER YOUR GOALS**

Reflect on what you want to get out of the appointment. What will be the most important thing to focus on? What do you want to make sure you take away from the session?



## **COME PREPARED**

Bring whatever notes and documents will help you share with Shannon what is going on. Bring a notebook and pen to keep notes during the appointment.



## **REVIEW OTHER RESOURCES**

Review the other mental health resources that are available to you, in case you need or want support while you are waiting for your appointment with Shannon.



## **IN PERSON APPOINTMENTS**

- Room 138, Student Services
- Wait in the Counselling Services waiting area
- Arrive 10 minutes early to complete the intake paperwork, if applicable to you, if it was not submitted electronically



## **VIRTUAL APPOINTMENTS**

- You will be sent the Zoom link before your appointment
- Ensure you have privacy, quiet, and power and internet access
- Make yourself comfortable; have a pen and paper, water, Kleenex, and other comfort items that might be needed
- You cannot be driving during this appointment

# RESOURCES

# SUPPORTS / RESOURCES

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## Pathway Examples

Below is an example of the possible pathways and resources that are available for different concerns. Please visit the [Counselling Services webpage](#) and review the Mental Health Resources Guide for more information about available supports.

### Depression

Referral to the free  
“Managing Your Mood”  
workbook

Referral to the Centre for  
Accessible Learning to  
explore accommodations

Referral to external  
medical services for  
further screening

### Anxiety

Referral to free online  
modules through  
Anxiety Canada

Referral to anxiety  
management  
workshops

Referral to free virtual  
therapy for more  
regular support

### Career

Referral to free career  
and program  
exploration modules

Scheduling of another  
session to check in and  
re-assess next steps

Brief counselling for  
career assessment  
and exploration

# ADDITIONAL OPTIONS

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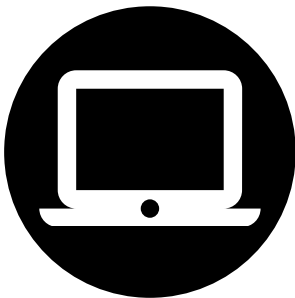
Looking to talk with a counsellor as soon as possible? Review the free options, and click on the icons, to connect with someone while you wait for your appointment.



## Good2Talk Helpline

24/7 phone support and resource navigation

**1-866-925-5454**



## Counselling Connect

Virtual counselling with professional counsellors

**[counsellingconnect.org](https://counsellingconnect.org)**



## WES for Youth Online

Virtual counselling for youth ages 17-24

**[wesforyouthonline.ca](https://wesforyouthonline.ca)**

## CRISIS SUPPORT



**Mental Health  
Crisis Line**

**1-866-996-0991**



**Suicide Crisis  
Helpline**

**9-8-8**



**Pembroke  
Hospital**

**613-732-2811**