

Centre for Student Development & Counselling

The CSDC offers free and confidential counselling for all Ryerson students. Our counselling services are provided by a team of professional counsellors who offer support for students regarding a variety of mental health issues.

We offer:

- Individual counselling
- Group counselling
- Crisis support
- Community resources and referrals
- Mental health outreach and education

Location: Lower level of Jorgenson Hall in JOR 07

Hours: Monday - Friday 9am to 4:45pm

Contact: 416-979-5195 or CSDC@ryerson.ca

Same-day Appointments:

The CSDC offers initial counselling appointments on a same-day booking basis. We have a number of appointments available every day and some limited appointments that can be booked within a few days from the time of request. At the initial appointment, you will meet one-on-one with a professional counsellor who will provide immediate therapeutic support, help you to explore and understand your concerns, and work with you to make a plan for coping and next steps.

Brief Counselling:

Following the first counselling appointment, students can be seen for up to 3 one-on-one therapy sessions with their initial counsellor. Brief therapy offers students immediate therapy for crisis situations, unexpected events, or recent stressors. The focus of brief therapy is on increasing supports and skills to address current needs.

Intensive Ongoing Psychotherapy:

If students are needing ongoing therapy to address a mental health issue, they can be seen by a counsellor for intensive individual psychotherapy. The focus of intensive psychotherapy is on identifying and working through a specific ongoing mental health issue.

Therapy Groups:

The CSDC offers a variety of group and workshop programs that address a wide range of mental health issues, including depression, grief, relationship issues, shyness, worry, family conflicts, sexual identity, substance use, eating disorders and trauma. Our group programs are offered at different times throughout the year, please connect with the CSDC directly for more information.

Mental Health Outreach and Education:

Counsellors at the CSDC provide outreach and education for faculty, staff and students regarding mental health issues and strategies for support. Outreach includes faculty and staff consultation and development and facilitation of workshops on campus.

Crisis supports:

We offer urgent individual appointments for students in immediate crisis. The CSDC also co-ordinates a team that responds with group supports when a traumatic event occurs in the Ryerson community.