

Ways to access counselling for grad students

Finding the right counsellor can be hard, so we hope some of these options are helpful. We are trying to get **more** embedded counsellors at **Student Wellness Services** specifically for graduate students because it's the easiest and most familiar route for students seeking health support!

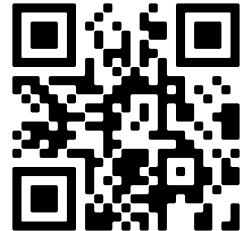
EmpowerMe

- Appointments with counsellors, consultants and life coaches (can switch counsellors at any point)
- Crisis or scheduled sessions
- In-person, telephone or videoconference appointments
- They will set you up with 6 hours of counselling for the issues you state in the original call
- Covered under SGPS insurance for **free**



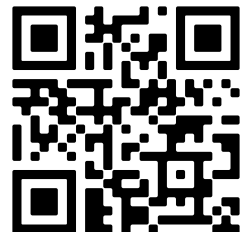
LifeWorks

- Under the Employee and Family Assistance Program
- Call 1-877-789-7572 or log in to lifeworks website and enter username **queensu** and password **lifeworks** to access chat option (left side of page)
- **Free if you are an employee** (e.g., a TA)



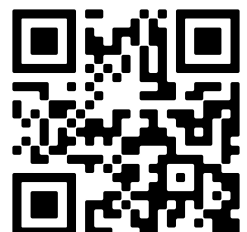
Student Wellness Services

- Call (613-533-2506) and ask to speak to the graduate counsellor **Janice Yu**
- Janice is a full-time counsellor for graduate students
- Can book appointments with her in advance
- If Janice does not have availability soon enough, ask to speak to other counsellors at Student Wellness (others book same-day and next-day for all students)
- All SWS counselling appointments are currently online video calls (and you can talk about anything!)
- **Free for all students**



PsychologyToday

- Search site for counsellors in your area
- Will cost money unless you are covered under insurance
- SGPS insurance covers 100% per visit up to **\$500/year** for psychologists, psychotherapists, or social workers
- Qualifications and specialties listed for each counsellor



Types of mental health professionals in Ontario

Ontario's mental health care system can be confusing. Here are some examples of mental professionals and if they are covered by OHIP.

Family doctor

- Will assess your mental health needs, rule out other causes, work with you in creating an action plan, support you in finding other support team members (referrals) and monitor your progress
- May or may not prescribe medication
- **Covered by OHIP**

Counsellor

- Registered or certified counsellors are trained to assess mental health problems and use counselling to help with treatment
- Provide talk therapy
- Are not medical doctors (but do require a master's) and cannot prescribe medications
- You do not need a doctor's referral
- **Not covered by OHIP**

Psychologist

- Trained to assess, diagnose and treat mental health problems and disorders
- Hold a master's or doctoral degree in psychology
- Cannot prescribe medications
- Provide talk therapy
- You can find a psychologist without a referral
- If employed by a public institution (e.g., hospital, school) their services are **covered by OHIP**
- If they practice in the community their services are **not typically covered by OHIP**

Psychiatrist

- Medical doctor with a specialty in the diagnosis and treatment of mental **illness** (illness ≠ health)
- Can prescribe medication but usually does not provide talk therapy
- Need a referral
- **Covered by OHIP**

Other mental health professionals include nurses, social workers and occupational therapists. Your support team may include any combination of these professionals. Make sure your support team makes you feel comfortable, you need good rapport to develop good working relationships. There is nothing wrong with talking to a few professionals before choosing one to join your team (you can “shop around”).