

Student Counselling Centre FAQ: Robson Hall Embedded Programming

The Student Counselling Centre (SCC) provides a range of counselling services for students at both the Fort Garry and Bannatyne campuses. Dedicated counselling services are also available on-site for students at Migizii Agamik - Bald Eagle Lodge, as well as for students enrolled in the College of Nursing, the Faculty of Law, the Faculty of Architecture, and the Desautels Faculty of Music.

The SCC continues to be available to provide counselling support to University of Manitoba students during the COVID-19 pandemic. Individual counselling services are provided via telephone and students wanting counselling support for the first time, or former SCC clients wishing to re-connect with us, are asked to call our reception at 204-474-8592 to request an initial intake counselling appointment. Existing clients of the SCC will be contacted via telephone by their counsellor at their scheduled appointment time.

What kind of support does the Student Counselling Centre offer?

- ❖ Groups and workshops
- ❖ Individual counselling
- ❖ Campus outreach
- ❖ RBC MOOD (Manitoba Online Overcoming Depression) Program
- ❖ Online resources
- ❖ Embedded counselling support
- ❖ Etc...

Our groups and workshops can help you quickly learn new skills to deal more effectively with stress, anxiety, depression, relationship problems and more. Please visit our website for a full list of available workshops and groups, as this list is updated regularly.

Personal counselling is also available for anxiety, depression, relationship problems, stress, loss, transition, trauma and violence, and procrastination, among other concerns.

How do I access counselling services?

Faculty of Law students looking to access counselling services can do so through the main office in UMSU University Centre or through the embedded counselling program in Robson Hall. With services being offered remotely, appointments are available over the phone. Call the Student Counselling Centre to schedule an initial intake appointment at 204-474-8592.

If you'd like to speak with one of the Embedded Counsellors, indicate that you are a student in the Faculty of Law when you call to schedule your first appointment.

What can I expect when I call?

The SCC has an Office Assistant and an Administrative Assistant. One of them is likely to be your first point of contact when calling our centre.

Depending on the nature of your request, you may be scheduled a time to meet with a Counsellor or an intake worker. Note: most workshops and groups do not require an intake appointment prior to registration.

What can I expect during an intake appointment?

When you schedule an intake counselling appointment, you will be asked for your contact information and the Intake Worker or Counsellor will call you at the scheduled time. Before the appointment, you will be sent intake forms to complete prior to your scheduled appointment.

During an intake appointment, the Intake Worker or Counsellor will talk to you about your concerns and goals in order to provide resources and supports catered to your needs. Although some strategies may be provided during an intake, the primary objective is to gather information and discuss a course of action together.

Where can I find more information?

Visit our Website at <https://umanitoba.ca/student-supports/counselling-resources-students>

Follow us on Instagram @umstudentcounsellingcentre

Call our reception desk at 204-474-8592 from Monday to Friday between 8:30am and 4:30pm

For questions or comments pertaining to the embedded program in the Faculty of Law, please contact Kayla Tessier by email at Kayla.Tessier@UManitoba.ca

Additional Resources

Where urgent assistance is required, or for after hours support, the following services are available:

- ❖ [Empower Me](#) (1-833-628-5589)– Telephone and in-person brief counselling support only available to University of Manitoba students.
- ❖ [Canada Suicide Hotline](#) (1-833-456-4566)
- ❖ [Crisis Response Centre](#) (204-940-1781), 817 Bannatyne Ave.
- ❖ [Mobile Crisis Service](#) (204-940-1781)
- ❖ [Klinic Crisis Line](#) (204-786-8686)
- ❖ [Manitoba Suicide Prevention and Support Line](#) (1-877-435-7170)
- ❖ [First Nations and Inuit Hope for Wellness Services](#) (1-855-242-3310)
- ❖ [Kid Help Line](#) (1-800-668-6868)
- ❖ Support line for women experiencing domestic violence (204-940-6624)
- ❖ [Sexual Assault Crisis Line](#) (1-888-292-7565)