

Mental Health Supports

In partnership with **Student Counselling, Health & Well-being (SCHW)**

- Student Counselling, Health & Well-being (SCHW) have partnered with Athletics to support the mental health of student athletes by providing **4 counsellors** dedicated to varsity athletes.
- Counselling staff are located at **Tait Mackenzie** and will be available **Monday to Friday between 8:30 am – 4:30 pm.**
- Appointments are available for in-person or virtual counselling for your convenience.
- Additional counselling staff are located in the **Bennett Centre for Student Services** and are available for walk-in or virtual appointments.

For more information, please contact SCHW at **(416) 736-5297**

Athletes: How to book an appointment

- If you are seeking in-person immediate support stop by a counselling office and speak to any available counsellor.
- To book a future appointment either in-person or virtual please call the SCHW reception desk **(416) 736-5297** and identify yourself as a student athlete.
- To book a virtual same-day appointment go the SCHW website counselling.students.yorku.ca and click the **BOOK NOW** button.

Athlete Support Team Referrals

Who can refer:

- Any member of the student athlete's support team (coaches, athletic trainers, performance coaches, PAWS mentors, etc.).

How to make a referral:

- Ideally, it is best to speak with the student athlete and encourage them to seek support of their own volition.
- If the student is asking for support to make an appointment, please seek verbal consent to reach out to SCHW on the student's behalf.
- Once consent has been received, please email Lori Walls lwalls@yorku.ca to discuss next steps.

Any member of the student athlete's support team can call SCHW reception at **(416) 736-5297** or email **Lori Walls** lwalls@yorku.ca or **Deane Taylor** dtaylor@glendon.yorku.ca to consult on student issues.

