

Health & Wellness Centre Services

Based on the recommendations of Public Health Ontario and the Ministry of Health, to keep our students and staff safe, we have made some changes to how we provide our services. Please note: The Health & Wellness Centre remains open.

Prior to coming in person, for any reason, we advise students to call the Health & Wellness Centre in advance. This includes: to book, reschedule or cancel an appointment with a counsellor, nurse, or physician. Please call us at 416-287-7065. If you do not reach someone live, please leave a message and a team member will return your call as soon as possible. Due to a limited supply, we do not provide masks or hand sanitizer unless you are being seen in the Centre by a clinician.

Counselling Services - including Embedded Counselling Services

Counselling Services Hours:

Mondays	9:00am – 4:45pm
Tuesdays	10:00am – 7:45 pm
Wednesdays	9:00am – 7:45pm
Thursdays	9:00am – 7:45pm
Fridays	9:00am – 4:45pm

- Same day appointments are available with a counsellor via telephone and/or video (Microsoft Teams).
- We encourage all students to download the Microsoft Teams app.
- Counsellors who work in embedded locations within academic departments and student service areas, will continue to provide support to students via telephone and/or video (Microsoft Teams).
- To book an appointment with an embedded counsellor, please call the main line at 416-287-7065.

Nursing/Physicians

All students attending the Health & Wellness Centre in-person will be screened for COVID-19-like symptoms and/or travel history. We will continue to see students in-person, for the following:

- first aid (burns, cuts, tetanus shots, rabies vaccine),
- birth control pill pick-up (existing prescription is at HWC),
- high-risk mental health,
- comorbidities (e.g. suspected COVID-19 and urinary tract infections) and
- other cases at the clinician's discretion.

Health Promotion

Our Health Promotion team is available and working remotely to support our Wellness Peer Programs.