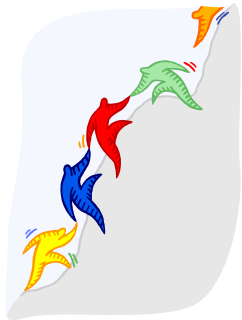


Outreach Programs

Our counsellors also oversee a variety of campus outreach programs related to student development and academic success. These programs include:

- Academic Mentors program
- Student Success Course
- Writing Resource Centre
- Peer Tutor program
- Beautiful Minds Forum
- Student Health 101
- Residence Life staff trainings & consultations

Our counselling staff can also be available for referrals, consultations, & presentations.



Wellness Centre

Mount Allison University
62 York Street
Sackville, New Brunswick
Phone: 506.364.2163
Fax: 506.364.2172
counsellor@mta.ca
<http://www.mta.ca/counselling>



Counselling Services



Personal Counselling

Crisis Concerns

Academic Skills

Outreach Programs

Counselling at MTA

What is Counselling?

A counsellor is like a “general practitioner” for mental and emotional concerns. A person who consults a counsellor is typically looking for some kind of change or improvement in his or her life. Through the counselling process, students can gain new insight and understanding, which leads to new actions and more personally desirable results. The counsellor acts much like a facilitator or coach through the counselling process. Registered students are eligible for short-term therapy which is provided by our two Student Development Counsellors, Catherine Fawcett and Jannah Tudiver.

**CHIMO 24-HOUR
CRISIS LINE**

1.800.667.5005

Personal Counselling

Personal or psychological counselling deals with issues that are of a personal nature and are likely troubling to a student such as: relationship issues, depression, stress, addiction, or self-esteem. If the counsellors deem a particular concern is outside of their scope of practice, they may provide a referral to the appropriate mental health provider.

Crisis Concerns

If a student is in personal crisis or requires immediate assistance, counsellors may be available to assist when feasible. Please call the Wellness Centre at 364-2163.

Students in crisis can always call the Chimo Helpline (1-800-667-5005), a provincial crisis line that is accessible 24hrs a day, 365 days a year. Or call 911 or go to the local emergency room for assistance.



Academic Skills

Counsellors are also available to help students improve their academic skills. Appointments can be made for help with issues such as: overcoming procrastination, time management, effective study skills, and test-taking strategies. Students can also receive ongoing academic assistance through a variety of academic support services on campus. You can learn more about these services through moodle.mta.ca or by visiting: http://www.mta.ca/academic_dept/advising.html