

# STUDENT HEALTH AND WELLNESS

The on-location service is a brief counselling service that aims to connect students with a counsellor in a timely fashion in order to get the support that they need. The counsellors are trained to provide personally tailored treatment specific to what you're experiencing. The on-location counsellors are also familiar with other campus and community supports and can help you find and connect with other supports, if needed. Many students find it helpful to meet with a counsellor to have a space to talk about these issues and to obtain professional support in managing them.

## How to make an appointment

To schedule your first appointment with a counsellor, please contact the Health and Wellness Centre at 416-978-8030 (select option "5") or drop by Health and Wellness at the Koffler Student Services Centre, Room 111, and ask to book a time with a GLSE (i.e. Faculty of Medicine) counsellor. Follow-up appointments can be scheduled directly with your counsellor.

## MEET OUR WELLNESS COUNSELLORS



**Laurie Coleman**  
(MSW, RSW)

Wellness Counsellor and Coordinator at Health and Wellness, Student Life. Since 2011, she has been part of the on-location mental health team. She provides service Mondays - Thursdays, 9am - 5pm at 500 University Ave. In addition to this, she will be available every other Wednesday evening at the Koffler Centre.

**Saretta Herman**  
(MSW, RSW)

Wellness Counsellor and Coordinator at Health and Wellness, Student Life. Since 2015, she has been a part of the on-location team and comes to GLSE from the School of Graduate Studies. She provides services Mondays, Tuesdays, and Thursdays, 9am - 5pm, in the Medical Sciences Building at 1 King's College Circle.



University of Toronto and the Faculty of Medicine is committed to ensuring that our students are supported and academically thrive while engaged in their graduate training. The university has established a framework on how to approach mental health among our student population.

What to do in an  
**EMERGENCY?**

If you are in need of immediate medical attention, go to the nearest hospital emergency department, or call 911.

