

**Thank you for joining
today's webinar.
We will begin shortly!**

**HAVE A QUESTION DURING THE
PRESENTATION?**

***Please use the Q&A function, at the
bottom of your Zoom screen, to share
your query.***



GradForward Series: **GRADUATE STUDENT WELLNESS SERVICES**

Dhivya Balakrishnan,
Graduate Student Counsellor

OFFICE OF THE DEAN – SEPTEMBER 2025

graduate
studies | **YORK U**



Graduate Student ————— **WELLNESS SERVICES**

Graduate Student Wellness Services supports the mental health and well-being of York University graduate students as they pursue their academic goals through the development and implementation of specialized resources, services, and supports including:

- Wellness Consultation & Counselling Service
- Graduate Student Wellness Initiative Fund
- Wellness Workshop Series
- Drop-in Graduate Student Wellness Support Group

For more information: yorku.ca/gradstudies/students/current-students/grad-wellness-counselling/

Wellness Consultation & Counselling Service

- Fast access, easy to book, free, confidential
- Starting point for graduate students seeking to enhance their mental health or well-being
- **Same day appointments*****
- Single/brief counselling model
- Available via phone, secure video platform, or in-person
- yorku.ca/gradstudies/students/current-students/grad-wellness-counselling/wellness-consultations/

QR Code – Booking a Session GSWS



Client Portal to Schedule and Attend Appointments

YORK
UNIVERSITY

York Counselling

Create Account

Book Now

Sign In

SCHW Virtual Counselling

Virtual Bookings are available daily Monday to Friday from 9:00AM to 3:00PM.

PLEASE NOTE: Counsellor availability is only posted during our Operational Hours.

New Clients: Click Create Account, verify your email, then click Book Now.

Returning Clients: Sign into the Client Portal with the email address provided at registration and the following password: abc12345! or the password you already set up for yourself. If this is your first-time logging in virtually, but you have used "In-person" services; an account has been created for you using the email provided at registration. Please do not create a new account.

GRADUATE STUDENT WELLNESS SERVICE USERS: We've made updates to our portal. As part of these changes, all user passwords have been reset to the default password: abc12345!

Forgot Login Info? Call 416-736-5297 ext. 7 for help.

After booking, check your email for confirmation and forms—complete them right away.

Which Location?

1. Student Counselling, Health & Well-being

99 Ian MacDonald Blvd N110 Bennett Centre

2. Graduate Student Wellness Service

4700 Keele St, York Lanes Room 230

Please select a location

For Which Service?

Counselling: Virtual

With Which Therapist?

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Aseel Al-Khalili

D

Dhivya Balakrishnan

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Michael Sa'd

When?

Times listed in (UTC-4:00) Canada/Eastern

June 2025

SU	MO	TU	WE	TH	FR	SA
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29	30					


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Book as video session

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Book

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For Which Service?

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☐ Graduate Student Wellness Consultation & Counselling: Virtual

Attending a Wellness Consultation & Counselling session can act as a starting place for graduate students seeking to enhance, maintain, or address concerns related to their mental health and well-being. The service is offered by trained counsellors and can assist in addressing a variety of needs and concerns. Sessions are confidential and last 50 minutes. Please Note: This service is exclusively for graduate studies students. Undergraduate student, please book "Counselling: Virtual". Sessions booked by non-graduate studies students will be cancelled.

With Which Therapist?

☒
☐ D Dhivya Balakrishnan

When?

Times listed in (UTC-4:00) Canada/Eastern

June 2025

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SU	MO	TU	WE	TH	FR	SA
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29	30					

☐ Book as video session
☒

Book

Graduate Student Wellness Initiative Fund

- Purpose: to subsidize the costs to develop or implement initiatives related to the promotion, awareness, or enhancement of mental health and well-being for the graduate student community
- Students and student groups can apply for up to \$1,500 to support the undertaking of projects, initiatives, resource development, events, or programs related to graduate student wellness
- **Offered 1x per year** (Fall/Winter)
- **Deadline December 5, 2025**
- For more information: yorku.ca/gradstudies/students/current-students/grad-wellness-counselling/graduate-student-wellness-initiative-fund/

Wellness Workshop Series

- Program focusing on personal wellness and getting socially connected to other graduate students. Topics include stress-reduction, managing negative thoughts, and skills from the field of positive psychology including mindfulness, gratitude, and self-compassion.
- **When:** October 21, 28, November 4, 11, & 18
- **Time:** 1:30 pm – 3:00 pm
- **To Register Visit:** forms.office.com/r/dett8AzkDJ



Graduate Student Wellness Support Group

- This support group is here to provide you with a supportive community as you manage the highs and lows of academic life. This group offers a space to connect with fellow graduate students, gain emotional support, and explore strategies for self-care, mental well-being, and resilience. Whether you're feeling stressed, isolated, or simply need a safe space to share, we offer a welcoming, confidential environment where you can find understanding, support, and connection.
- **When:** Every 2nd Wednesday
- **Time:** 1:30 pm – 3:00 pm
- **Next Group:** October 8, 2025
- **To Register Visit:** forms.office.com/r/crSCWbut3W



Additional Services & Supports



Student Counselling, Health & Well-being

- Provides service to undergraduate and graduate students
- Same-day appointments weekdays, 9-3pm
- Short-term counselling
- Workshops
- Support groups: , LGBTQ+, process groups and more
- counselling.students.yorku.ca/ 416-736-5297

GuardMe Student Support Program (GMSSP):

- Available to all International Students at York University
- After-hours support, 24/7 via chat and telephone
- Real-time counselling available in multiple languages
- Counsellors with diverse identities and lived experience
- Short-term counselling
- gmssp.org/en.html

Good2Talk

- Free and confidential helpline for post-secondary students in Ontario available 24/7/365
- **1-866-925-5454**
- **Text GOOD2TALKON to 686868**
- good2talk.ca/



1.866.925.5454
or connect through 2-1-1

Post-Secondary Student Helpline

Student Accessibility Services

- Provides academic accommodation and support to students: with temporary or permanent disabilities; students enrolled in full-time or part-time studies at York's Keele campus; students registered in undergraduate or graduate studies; students enrolled in the School of Continuing Studies.
- accessibility.students.yorku.ca/

Workplace Accessibility

Health, Safety & Employee Well Being

- Supports implementation of workplace accommodations for York employees.
- Contact this office if you need support with work-related accommodations
- hr.info.yorku.ca/health-safety-employee-well-being/
- Email: ewb@yorku.ca

Other Supports:

Employee and Family Assistance Program (EFAP)

- workhealthlife.com/

Extended Health Benefits (e.g., SunLife, We Speak Student).

- 3903.cupe.ca/benefits-plan/
- wespeakstudent.com/home/63-york-univ-graduate-students-

York International

- yorkinternational.yorku.ca/

Learning Skills Services

- yorku.ca/scld/learning-skills/

Centre for Sexual Violence Response, Support & Education

- thecentre.yorku.ca/

The Career Centre

- careers.yorku.ca/

Centre for Human Rights, Equity & Inclusion

- rights.info.yorku.ca/



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Have questions?
Connect with **Graduate
Student Wellness
Services** via email at
gradwell@yorku.ca

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Questions?

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gradwell@yorku.ca

