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.







Dhivya Balakrishnan, Graduate Student Counsellor

OFFICE OF THE DEAN - SEPTEMBER 2025

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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: <u>yorku.ca/gradstudies/students/current-students/grad-wellness-counselling/</u>



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
- <u>yorku.ca/gradstudies/students/current-students/grad-wellness-counselling/wellness-consultations/</u>

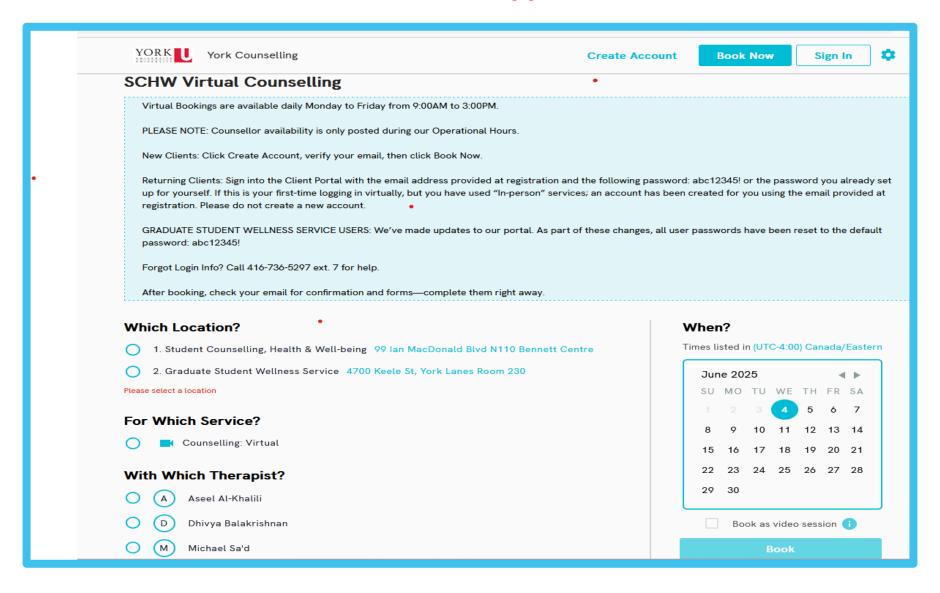


QR Code – Booking a Session GSWS



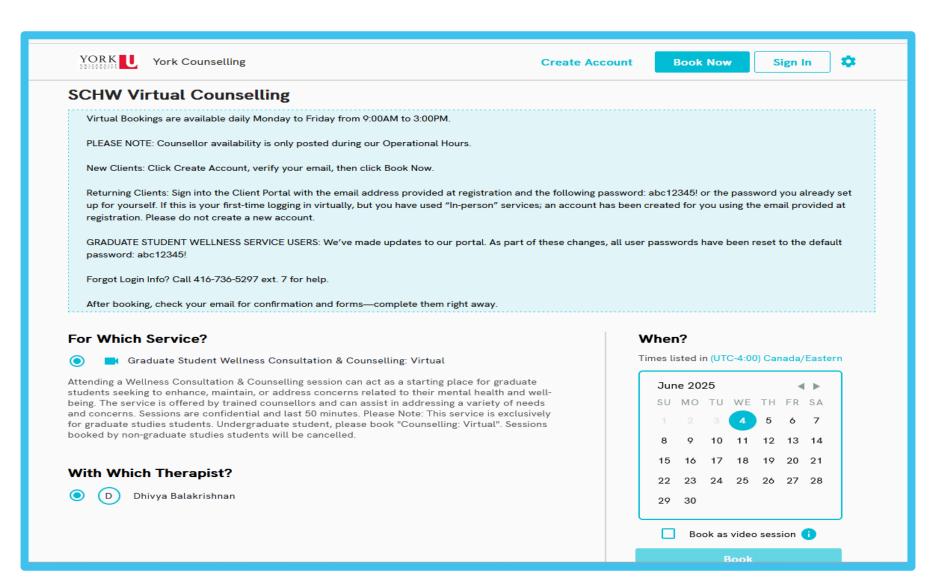


Client Portal to Schedule and Attend Appointments





Client Portal to Schedule and Attend Appointments





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: <u>yorku.ca/gradstudies/students/current-students/grad-wellness-counselling/graduate-student-wellness-initiative-fund/</u>



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







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
- · <u>1-866-925-5454</u>
- Text GOOD2TALKON to 686868
- good2talk.ca/



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: <u>ewb@yorku.ca</u>



Other Supports:

Employee and Family Assistance Program (EFAP)

workhealthlife.com/

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

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

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/





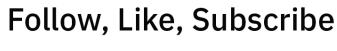


Have questions?
Connect with **Graduate Student Wellness Services** via email at **gradwell@yorku.ca**





















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Questions?

Graduate Student Wellness Services gradwell@yorku.ca

