



WHAT IS MENTAL HEALTH COUNSELLING?

Just like your body needs good food, exercise, and sleep to keep going, your mind needs resources to fuel it too. Counselling helps you clarify problems and how they affect you, explore new ways of thinking, and improve your problem-solving skills

What can we talk about?

- **stress, anxiety, depression**
- **feelings of sadness, guilt, shame loneliness, and homesickness**
- **academic performance and burnout**
- **loss and grief**
- **cultural change**
- **financial concerns and managing money**
- **relationship and family issues**
- **addiction and substance use**
- **self-harm and/or suicide**

Why should I talk to a counsellor?

- Counsellors are trained to listen, understand, and challenge you. You work with them to identify obstacles, learn new skills, and develop strategies to solve problems.
- Counsellors are compassionate and non-judgemental.
- Counsellors are legally and ethically obligated to maintain your privacy. Release of any information requires your consent.
- If your low mood or symptoms are interfering with your grades, work, or relationships then talking to a counsellor can help you get back on track.

Want to know more?

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