

There are multiple reasons why a student seeks counselling. Students may choose to see a counsellor due to personal challenges which negatively affect their studies and overall sense of well-being. This can include, and is not limited to, anxiety, depression, relationships, stress reduction, trauma, and coping with academic pressures. Students may also choose to see a counsellor to assist with self-management and to help with clarifying goals and competencies for handling complexities in life.

You can book one appointment at a time. The number of sessions needed will vary for each situation; you and your counsellor will discuss how many sessions you may need.

You'll begin your meeting with a review of our **Intake forms, a review of the consent and confidentiality agreement signed in the forms, and you'll be able to ask any questions you have about the counselling process.** Then, you'll be invited to share what brings you in and begin exploring it with your counsellor. At the end, you'll discuss counselling goals for moving forward. Your counsellor can also help you book your next appointment if further sessions are beneficial for you.

No! Counselling can be extremely helpful for dealing with everyday concerns that you might need support with, from stress about juggling your course load to struggles in a relationship.

Absolutely! Counselling is available to all registered Langara College students residing in B.C. International students may face unique challenges that could benefit from counselling support. Please note that counselling support is limited for students studying

virtually from their home countries. If you are studying from your home country, you are eligible to attend any of the virtual counselling workshops or drop-in groups.

10. I am a continuing studies student. Is counselling available to me?

Counselling is available to Continuing Studies students in full time programs. Please check with your program coordinator/administrator for built in support options that may be tailored for your program. You may also consider our [After Hours resources](#) for organizations that can provide 24/7 crisis assistance and/or support for specific mental health-related concerns.

11. How quickly can I get an appointment?

Counselling appointments are typically booked one to two weeks ahead, and certain times of the semester are busier than others. If you are in crisis or concerned for your safety, please explain your situation to reception when you phone and request a “same-day urgent appointment.” We have a few time slots set aside each day for urgent situations. We do not maintain a cancellation list; if you have a time-sensitive matter that is not eligible for an urgent appointment, we invite you to sit in the department’s waiting area or check back with reception in the event that another student cancels their appointment.

12. Do I need to prepare anything for my appointment?

No, you do not need to prepare anything.

13. Can I bring a support person (friend, parent, etc.) with me to my appointment?

Yes. However, if you do decide to bring someone, **we cannot guarantee the confidentiality of the session** as that individual is not legally bound in the same way your counsellor is.

14. What if the counsellor I meet with is not a good fit?

We encourage you to keep meeting with the same counsellor to allow for better continuity of care. The more familiar your counsellor is with your situation, the more equipped they are to respond to your needs and achieve results. However, the counselling relationship is

also important, so if you aren't connecting well with someone, you are welcome to ask reception to schedule an appointment with another counsellor.

15. I'm not taking any classes this semester. Can I book an appointment?

You need to be a current Langara College student registered in courses and residing in B.C. to book an appointment for personal, educational, or career counselling. If your program has a scheduled break (e.g. you are taking the Summer Semester off, but returning for Fall), then you remain eligible to book a counselling session during that break period.

16. What can I talk about in my appointment?

You are welcome to bring up any topic of concern, and in some cases seemingly unrelated topics may be intertwined. Your counsellor will let you know if something is beyond their scope of practice and support you in finding resources elsewhere.

17. What information do I need to provide to book an appointment?

Your name, student number, the type of counselling – **personal, career or educational** – you are seeking support for and a brief explanation of your concerns.

18. Will I be able to work with a counsellor who understands my identity and background?

All our counsellors are experienced in working with students from **diverse backgrounds and life experiences.**

19. What is the difference between counsellors, psychiatrists, and psychologists?

All three are mental health professionals. **Psychiatrists** are medical doctors and can prescribe medication. **Psychologists** typically have doctoral degrees in clinical or counseling psychology; they tend to see individuals with serious mental health concerns and are trained to provide psychological assessments. Langara College counsellors have master's degrees in **counselling psychology, master's degrees in social work, and/or Doctorate degrees as a psychologist** and work from a perspective of supporting students with overall wellness.

20. Who will know that I've seen a counsellor?

The receptionist who sets up the appointment and checks you in will be aware you have sought counselling. Counsellors adhere to a **code of ethics** that includes confidentiality. We will not discuss your attendance or the content of our meetings with anyone else (ex. Instructors, parents, immigration, etc.) without your permission unless required to do so by law. If you have any concerns, please discuss them with your counsellor in the first session.

21. Will counselling magically solve all my problems?

Counselling is not a quick fix, nor is it magic. Counselling is a process, and it takes time to gain awareness and culture change. Personal growth is a challenging process, but thankfully, there are counsellors who are trained to guide you through it.