

# Counselling Services



THE  
**KING'S**  
UNIVERSITY

# Compassionate support

Everybody needs help sometimes. Whether your problem feels big or small, our counselling team offers compassionate support and expertise to work through it.

Counselling services are provided by registered counsellors, provisional psychologists, and psychologists. If you're experiencing anxiety, depression, food issues, drug or alcohol dependency, grief, loneliness, abuse (past or present), relationship problems, or any other personal concerns, there is someone ready to listen and help. You can book appointments online or through the Student Life office. All counselling sessions are strictly confidential.

## **Free for Students**

Counselling is free for students and are booked on a first-come, first-served basis. Counsellors book sessions both in-person and online depending on your preference.



Learn more:

**[kingsu.ca/counselling](https://kingsu.ca/counselling)**