



TRENT UNIVERSITY
Student Wellness Centre
 COUNSELLING | HEALTH | ACCESSIBILITY

The mission of the Student Wellness Centre is to provide holistic and integrated services to address the biopsychosocial needs of students studying at Trent University. The Student Wellness Centre consists of Health, Counselling and Student Accessibility Services.

HEALTH SERVICES

Student Health Services offers a diverse range of health care services. Our physicians and nurses provide excellent medical and nursing care focusing on the specific health needs of students. Services include but are not limited to: physical exams, sexual and reproductive health, first aid, injuries, mental health, wellness counselling, injections, prescriptions, and referrals to other health professionals and services. All services are confidential.

COUNSELLING SERVICES

Trent Counseling Services operates within a Stepped Care model, in which the most effective and yet least resource intensive treatment is offered. Service is collaborative and personalized. Programs include: online resources, groups and workshops, individual therapy and crisis counselling. **These services are provided by qualified professional mental health professionals, including the Sexual Violence Prevention & Peer Support Coordinator and supervised graduate interns.** Limited psychiatric services are available upon referral.

ACCESSIBILITY SERVICES

Student Accessibility Services supports students with physical, mental health, learning and sensory disabilities to access their education. Dedicated staff work with students to develop individualized accommodation plans based on documented disability-related needs. They also provide individualized and group support to build students' self-advocacy skills and learning strategies in keeping with their strengths.

CONFIDENTIALITY AGREEMENT

The staff of the Student Wellness Centre is bound by law and ethics to safeguard your privacy and the confidentiality of your personal information. We collect, use and disclose only the information necessary for your care and provision of supports. Personal information will not be revealed to anyone outside the Student Wellness Centre without your **written consent**.

There are exceptions to an individual's right to privacy as defined by the law. The Student Wellness Centre staff has a **duty to report** in the following circumstances:

1. If there is suspicion that a child or children (presently under the age of 16) has been or is being physically, sexually, or emotionally abused.
2. If a client presents a serious risk of bodily harm to self or others.
3. If a client reveals that they have been sexually abused by a health care professional who is covered by the Regulated Health Professions Act (e.g. a physician or psychologist).
4. You should be aware that your records are not "privileged" documents. A court of law can subpoena them.

To ensure the continuity of care and support you are receiving, the staff at the Student Wellness Centre may obtain information from your Health, Counselling, or Accessibility Services files. This level of access is on a **need-to-know** basis, meaning that your personal information will only be shared when warranted.

Privacy policies are posted in each office and departmental website. Please speak to us if you have any questions.

I acknowledge having read and understood the above information on confidentiality.

Client Name (printed): _____

DOB: _____

Client Signature: _____

Date: _____

Witness signature: _____

Date: _____