Trent University Student Supports (Peterborough)

# Peer-to-Peer options:

* [Peer Support](https://www.trentu.ca/currentstudents/academics/peer-support/peer-support-program): A peer to listen non-judgmentally and support
* [Out on Campus](https://www.trentu.ca/currentstudents/academics/peer-support/out-campus): A confidential student-led discussion group for students questioning their sexuality, gender identity or are in the process of coming out
* [Black Student Support](https://www.trentu.ca/currentstudents/academics/peer-support/black-student-support): A safe space for current Trent Black students to share their experiences at Trent
* [Ishkodehwin](https://www.trentu.ca/fphl/student-success/peer-mentorship): Indigenous student peer mentoring
* [Rebound](https://www.trentu.ca/currentstudents/academics/peer-support/rebound): One-on-one peer support program for first or second year students

# Counselling options:

* [Counselling Services](http://www.trentu.ca/counselling)
	+ Single-session: One 60-90 minute appointment. These are often available sooner than intake appointments
	+ BIPOC Therapist: On your intake form you can request an appointment with a BIPOC therapist
* [Sexual Violence Prevention Coordinator](https://www.trentu.ca/sexualviolence/contact-information): Support for students who have experienced sexual violence
* [First Peoples House of Learning](https://www.trentu.ca/fphl/cultural-support/counselling): Cultural Counselling
* [IM Well](https://www.studentvip.ca/frmPage.aspx?school_page_id=7cf1d784-47fe-4cab-a329-5642e3c088a4): app offered through TCSA to connect with counselling options 24/7
* [Student health benefits](https://www.studentvip.ca/frmPage.aspx?school_page_id=f657ccea-5d4e-48d9-b61b-5def025f8ebb#parentVerticalTab2): $500 can be used toward counselling
* [Good2Talk](https://good2talk.ca/): Post-secondary student helpline. Text GOOD2TALKON to 686868

# Support for Bullying, Harassment, or Discrimination:

* [Office of Student Affairs](https://www.trentu.ca/currentstudents/student-support/student-affairs)
* [Campus Security](https://www.trentu.ca/security/)
* [Centre for Human Rights, Equity, and Accessibility](https://www.trentu.ca/chrea/)

# Academic Concerns

* [Academic Advising](https://www.trentu.ca/advising/): Course selection, changing majors, late withdrawals
* [International Student Advisor](https://www.trentu.ca/currentstudents/international/advising): Immigration advising
* [Indigenous Student Success Coordinator](https://www.trentu.ca/fphl/cultural-programming/tipi): Learning and transition support
* [Academic Skills:](http://www.trentu.ca/academicskills) Supports efforts to improve skills for academic success (study skills, time management, note-taking, writing)