



Counselling appointments

Counselling offers **same day** and **pre-booked** appointments.

	Same day	Pre-booked
This appointment is great if...	<ul style="list-style-type: none"> You have a current concern to discuss with a counsellor. You are ok with speaking to the counsellor who is available for same day appointments that day. 	<ul style="list-style-type: none"> You prefer to schedule an appointment at a time that fits best with your schedule. You want to work with a particular counsellor.
Scheduling	<ul style="list-style-type: none"> Call our office at 250-721-8563. Phones are answered 8:30 am – 3:00 pm Monday, Wednesday, Thursday, Friday and 10:30 am– 3:00 pm Tuesday. Appointments are booked on a first-come, first-served basis, so call early! 	
What can I expect in the session?	<ul style="list-style-type: none"> The counsellor will listen to your current concerns and will gather some basic background information. Your counsellor will help you explore your concerns and identify action steps. Your counsellor may give you tips on how to cope. Your counsellor may refer you to other resources, on and off-campus. You and your counsellor will talk about options going forward. These might include another appointment, joining one of our groups, referral to a counsellor in the community and online tools. 	



Ready to schedule an appointment?

Give us a call (250-721-8563) or email swcreception@uvic.ca for more information.



Did you know that the Counselling team includes practicum and intern counsellors who are completing their Masters and Doctoral degrees? They are skilled trainees and sessions with them are confidential and private. For supervision, their sessions may be recorded for review; recordings are destroyed after review.

Check out the [Meet the team page](#) on our website to learn more about our team of counsellors.