

Counselling Solutions

For University of Alberta Graduate Students, and their Eligible Dependents



Your Graduate Student Assistance Program (GSAP), provided by Homewood Health, is a solution-focused counselling approach that helps you develop the skills necessary to solve your life challenges. Our focus is on meeting your precise needs using Cognitive Behavioural Therapy (CBT) and other solution-oriented therapies.

You and your Homewood counsellor will determine your goals together, and you are treated as an individual with a unique personality and skill-set that, once optimized, will help you find a way to effectively deal with any challenge you are facing.

Your GSAP has been designed to:

- Provide immediate assistance in times of crisis
- Help you cope with depression, anxiety, stress, addiction, and other personal issues
- Prevent problems from becoming overwhelming
- Help achieve better life balance
- Provide consultation on overall wellness, including nutrition and physical health

- Advise on financial and legal concerns
- Provide resources and support on life transition

No matter where you are studying, working, or travelling, your GSAP is available 24/7 for crisis support. Other key features are:

- Multilingual capabilities
- Private and confidential
- Available face-to-face, over the phone, or online

Contact us to get started (translation to other languages available).

780-428-7587 | TTY: 1.888.384.1152 | International (Call Collect): 604.689.1717

homewoodhealth.com



Homewood
Health | Santé



Face-to-face Counselling

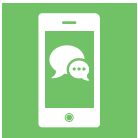
An Optimally Humanized Approach to GSAP

Expert Assistance

Almost 90 percent of Homewood Health treatment is delivered face-to-face as it is the most requested mode of counselling by our clients.

A Robust Clinical Network

To support face-to-face counselling we have a large network of professional counsellors located throughout Edmonton and across Canada. This guarantees immediate local service for you, as well as efficient support wherever you might be working or travelling.



Telephonic Counselling

Convenient and Effective

Choice

Telephonic counselling is especially valuable to you if you prefer the added anonymity of a telephone appointment, are time-challenged, or if you simply prefer communication and counselling by telephone.

Comfort

You can continue to receive professional counselling in the privacy of your own home. For many students with busy work and study schedules, regular telephonic counselling is an effective and convenient method of receiving high quality counselling.



e-Counselling

Utilizing the Benefits of Online Communication

Private Conversations

Private Conversations e-Counselling (e-mail-type counselling) provides the opportunity to communicate with a counsellor via confidential exchanges, similar to e-mail exchanges. You can compose your thoughts, edit what you write, and stop your writing if you wish—returning to your exchange when you are ready.

Chat

Chat e-Counselling (simultaneous chat) allows for 'real time', one-on-one interaction with a counsellor in a private online chat room environment.

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