Mental Health Supports

In partnership with Student Counselling, Health & Well-being (SCHW)

Student Counselling, Health & Well-being (SCHW) have partnered with Athletics to support the mental health of student athletes by providing 4 counsellors dedicated to varsity athletes.

Counselling staff are located at Tait Mackenzie and will be available Monday to Friday between 8:30 am – 4:30 pm.

Appointments are available for in-person or virtual counselling for your convenience.

Additional counselling staff are located in the Bennett Centre for Student Services and are available for walk-in or virtual appointments.

For more information, please contact SCHW at (416) 736-5297

Athletes: How to book an appointment

If you are seeking in-person immediate support stop by a counselling office and speak to any available counsellor.

To book a future appointment either in-person or virtual please call the SCHW reception desk (416) 736-5297 and identify yourself as a student athlete.

To book a virtual same-day appointment go the SCHW website counselling.students.yorku.ca and click the BOOK NOW button.

Athlete Support Team Referrals

Who can refer:

Any member of the student athlete’s support team (coaches, athletic trainers, performance coaches, PAWS mentors, etc.).

How to make a referral:

Ideally, it is best to speak with the student athlete and encourage them to seek support of their own volition.

If the student is asking for support to make an appointment, please seek verbal consent to reach out to SCHW on the student’s behalf.

Once consent has been received, please email Lori Walls lwalls@yorku.ca to discuss next steps.

Any member of the student athlete’s support team can call SCHW reception at (416) 736-5297 or email Lori Walls lwalls@yorku.ca or Deane Taylor dtaylor@glendon.yorku.ca to consult on student issues.