



Student VIP Coverage:

Psychologist, Psychotherapist, Social Workers (MSW) & Speech Therapist

Combined Maximum of \$500

*Clinical Counsellors and other mental health practitioners who do not meet the above criteria will not be considered eligible for coverage under the benefits.

*Psychotherapists must be in good standing with the college in their province, as well as registered as a provider with Medavie Blue Cross and be issued a provider number

*Counselling services must be one-on-one to be considered eligible. Group Therapy or Group Counselling are not considered eligible.

****Please do your own research on counsellors before choosing one. The TDSA is not liable for the decisions you make.**



TRENT
student
BENEFITS

Contact Us:
55 Thornton Rd., South
Room 118.1
Oshawa, ON L1J5Y1
905-435-5102 x5058

*Local Counsellors,
Help Lines &
Crisis Centres*

COUNSELLING SERVICES

Helplines

BLACK YOUTH HELPLINE

Area of Expertise:All Topics
Supports:Black Youth
Average Wait Time: Immediate
Cost: Free
Contact Info: 1-833-294-8650

LGBT YOUTHLINE

Area of Expertise: LGBTQ
Supports:LGBTQ Youth
Average Wait Time: Immediate
Cost: Free
Contact Info: 1-800-268-9688 or by text at 647-694-4275.

GOOD₂TALK

Area of Expertise: Depression, Anxiety, substance abuse, academic stress, personal or family relationships, loneliness, financial concerns & other challenges
Supports:Any student in Ontario
Average Wait Time: Immediate
Cost: Free
Contact Info: 1-866-925-5454 or by texting GOOD₂TALKON to 686868

Crisis Centres

DURHAM RAPE CRISIS CENTRE (DRCC)

Area of Expertise: Sexual Violence, assault, child abuse, trafficking, harassment, and/or Coercion
Supports:All Trent Durham Students
Average Wait Time: None
Cost:Free
Contact Info: Tanya Montebello, RSW at tanya@drcc.ca or 24-hour crisis support line at 905-668-9200.

DURHAM DISTRESS CENTRE

Area of Expertise: Crisis & Suicide
Supports: Anyone
Average Wait Time: Immediate
Cost: Free
Contact Info:905-430-2522 or 1-800-452-0688

Counsellors

TRENT DURHAM COUNSELLING

Area of Expertise: Anxiety, Depression, Academic stress, & Indigenous Services.
Supports: All Trent Durham Students
Average Wait Time: 1 Week
Cost: Free
Contact Info:
Indigenous Services: fphl@trentu.ca
Others: durhamcounselling@trentu.ca

JENNIFER KAY, CSW/THERAPIST, MSW, RSW

Area of Expertise: Depression, Anxiety, & Mood Disorders
Supports: Adults & teenagers(14-19)
Average wait time: 1-2 months
Cost: Consultation free - Session starting at \$140. Some Insurance accepted.
Contact Info: 289-210-7350.

NATASHA HALLIDAY (MA, CYCP, RSW, CCPA

Area of Expertise: Depression & Anxiety
Supports:Adults, Teenagers (14-19), & pre-teens (11-13)
Average wait time: 1 week
Cost: Free during the pandemic
Contact Info: 647-490-6302.

RAJESH GOPALAKRISHNAN (CLINICAL SW/THERAPIST, MSW, RSW)

Area of Expertise: Anxiety, Depression, & Self-Esteem
Supports: Adults
Average Wait Time: 1-2 Weeks
Cost: \$100-\$125 - some insurance accepted
Contact Info: 249-490-4502

JARED K KOVACS REGISTERED PSYCHOTHERAPIST, MPS, RP(Q)

Area of Expertise: self-esteem, trauma, PTSD, & LGBTQ+
Supports: Anyone 14+
Average Wait Time: About 2 weeks
Cost: Begin at \$125
Contact Info: 365-655-6329.