

Counselling & Career Exploration

The John Abbott Counselling service helps students deal with personal, career and educational concerns. Individual personal counselling is available throughout the year. Career exploration groups and specialized workshops are also offered during the academic year.

For more complete information, please join our Portal Communities, Counselling Services – Resources for Students or Counselling Services – Resources for Staff.

Introduction to Counselling Services John Abbott Counselling Services is staffed by five licensed professionals (counsellors and psychologists) and one counsellor-in-training and is available to any student enrolled at the college. Our role is to help students attain their personal goals in the areas of career, educational, social and personal development. We are here to listen to our students' concerns and to help them develop insight and strategies to stay motivated and focused on their goals.

Our service provides short and medium term individual personal counselling as well as career counselling and exploration (small group format). In addition, we hold workshops on a variety of topics and administer the academic standing and advancement (probation) policy. Aside from a nominal charge for career testing, services are free and confidential.

Scheduling appointments and drop ins

John Abbott Counselling Services is open from 8:00 AM to 4:30 PM, Monday to Friday when the college itself is open. In the summer, from mid-June to mid-August, we are open Monday to Thursday from 8:00 AM – 4:30 PM and on Friday from 8:00 AM to noon. Counselling Services is located in Student Services, Herzberg 148. You can reach us at 514-457-6610, local 5292. Our email is counselling@johnabbott.qc.ca

During the academic year, students who have not been seen in the Counselling Service are first seen at a drop in. After discussion with a counsellor or psychologist, further appointments can be made or there may be a referral to another resource. Drop in times are available on the student portal.

During the summer, our staff is available by appointment. Please contact the Student Services receptionist (H148, 514-457-6610, ext. 5292) for dates and times of availability or to make an appointment.



Photo by Youssef Naddam

What kind of counselling do we offer?

Personal counselling

Counselling can help in a variety of ways. It can provide students with support and encouragement. It can help them to better understand and express their feelings and help them view their situation from different perspectives. It can help them understand their motivations and underlying conflicts. Counselling can also help students develop new skills such as problem solving, decision-making, communications, social skills and ways of coping with stress. Everyone has problems that they would like to talk over with someone. A counsellor or psychologist is a trained professional who will listen to students and help them express and explore their concerns. He/She will help them to understand themselves better to enable them to make important changes. Counsellors/psychologists don't provide quick or easy answers. Ultimately, students deal with their own problems, make their own choices and achieve their own goals. A counsellor/psychologist, by providing support, encouragement and a non-judgmental attitude, can help students help themselves. The main activity in counselling is the conversation between counsellor and client. The focus of the conversation is the client and the issues he/she chooses to deal with. Counselling conversations are conducted with maximum privacy and confidentiality. No matter what the problem, counselling has helped many students feel better about themselves and their experiences. Personal counselling is free and confidential. Come to Student Services, H-148 to speak with a counsellor or psychologist. How do I know that I need personal counselling? Students seek counselling for many personal reasons. While they may be able to overcome these problems on their own or by talking to a friend, sometimes it is helpful to have an empathic, trained professional to help deal with issues such as:

- Depression, "the blues", feeling lack of energy and/or motivation, loneliness
- Anxiety, fears, phobias, perfectionism, obsessive thinking
- Relationship problems
- Grief, mourning, loss, divorce or separation
- Abuse (physical, sexual, verbal, emotional) histories and their outcomes
- Eating disorders, bulimia, anorexia, over-eating
- Anger, impulsiveness, domestic violence, aggression
- Low self-esteem
- Drug and/or alcohol problems, addictions, gambling
- Stress, "burn out"
- Sleep problems
- Suicidal feelings or thoughts

Career Counselling

Many CEGEP students are undecided about their career choice and have questions about where to go from here. Career counselling can help students evaluate themselves, and the options open to them, which will give some basis to make decisions regarding their career path. This involves meeting with a counsellor or psychologist to discuss all the questions, plans, hopes and worries you may have about your future. Students will learn more about themselves and the world of work as well as a valuable decision making process that can be used to make that first career decision, as well as other decisions later on. Whether you are completely undecided or have some ideas but are not quite sure we'll be glad to see you.

Educational Counselling

Whether it's a question of motivation, confidence, or learning new skills, counsellors/psychologists are available to help students who would like to improve their performance in the classroom. The counselling staff is there to give help, support, and encouragement. Students can learn to increase their comfort with oral presentations, test taking, and procrastination among others.

“When we are no longer able to change a situation, we are challenged to change ourselves.”

Victor Frankl

Health & Wellness

Our mission is to promote a healthy lifestyle for John Abbott students. Our services include health education, individual consultation and clinical services. The Health and Wellness Centre is located in Herzberg 139 and our services are free and confidential.

How to find us:

Herzberg Room 139 457-6610 ext. 5308
Office Hours: Monday to Friday 8:30 to 4:30
Attention John Abbott students and staffs

For more complete information, please join the Health and Wellness Centre Community on the JAC Portal.

Consultations

Students can meet with a nurse to talk about health concerns or health choices they are making. Often this includes general health, nutrition, birth control, pregnancy testing and counselling, sexually transmitted infections, emotional well-being and stress.

Medical Services

Our on-campus medical clinic is open two-half days a week. Students can make an appointment to see a doctor for a variety of health services such as, general checkups, health problems, mental health, contraception, pregnancy testing, sexually transmitted infections testing and treatment. Arrangements can also be made for students requiring allergy shots.

Health Education and Health Promotion

Our goal is to assist individuals in making informed decisions about their health and the behaviours that contribute to their overall well-being.

Campus-Wide Health Promotion Campaigns

Throughout the school year a variety of health information programs aimed at the wellness of college-aged students are offered. Lectures, presentation, special programs, outreach displays and small group discussions may be used to address sexual health, alcohol, tobacco and drug use, stress, mental health, nutrition and healthy lifestyle choices.

Group or Class Presentations

Presentations by the health education nurse or by an invited guest speaker can be arranged through the Health and Wellness Centre. These presentations may be for individual classes or perhaps a club or special interest group. Requests can be made directly by calling 457-6610 ext.5308 or healthandwellness@johnabbott.qc.ca.

Healthy Campus Committee

A group of interested students meet to outline what health promotion topics will be addressed in the campus-wide campaigns. They help plan activities and special events on campus.

Health Information Resource and Referral Centre

We make attempts to link students with community resources, agencies and services. Self-help groups, non-profit community agencies and specific health agencies, such as the CLSC, are common partners. We also stock up-to-date literature and health related information.

The Health and Wellness Centre may also work in close conjunction with the Counselling Services of JAC.



Photo by Corinne Kutz

Academic Success Center

Welcome to JAC's Academic Success Centre! Our main function is to help students become successful and independent learners. Available to all of John Abbott as an effective, relevant and open resource.

Current students are invited to visit the ASC Community on My JAC Portal for additional information, useful links and tips to help you succeed.

On January 30th, it was Bell Let's Talk Day. On Bell Let's Talk Day, the entire nation spoke up. Your actions resulted in Bell committing more money to mental health. This has helped us come one step closer towards creating a country that's stigma-free. On Bell Let's Talk Day, Bell donated more towards mental health initiatives in Canada by contributing 5¢ for every applicable text, call, tweet, social media video view and use of our Facebook frame or Snapchat filter. There were 145,442,699 interactions, which raised a grand total of \$7,272,134.95 for mental health initiatives.

Counselling and Career Exploration FAQ

How much does counselling cost?

Counselling is free for all currently registered John Abbott Students. There is a small fee for testing services which is part of career counselling.

Is counselling confidential?

Client (student) confidentiality is protected and everything discussed remains between the student and the counselling service professional. This means that parents, teachers, friends and others cannot be given any information revealed by the client without written consent to release information. For more information on the confidentiality policy, speak to a member of the counselling service.

Why do students usually see a counsellor/psychologist?

Students come to see a counsellor/psychologist for many reasons. They discuss personal issues such as feelings of low self-esteem, depression, anxiety or stress, anger, grief, or because of family problems, or problems in their relationships with their boyfriend or girlfriend, or for issues such as sexual orientation, histories of childhood abuse or neglect, eating problems, alcohol or drug problems, and many other concerns. As well, many students come in to talk about lack of career goals or confusion about which careers may be right for them. Students also come in to discuss academic issues such as exam anxiety, procrastination, lack of motivation for school work, fear of failure and so on.

I am a parent/friend/loved one of someone who is struggling with their mental health. Are there specific community resources to help me understand?

Yes. If you are a John Abbott student, you can certainly come see us in Counselling Services. If you are not, or if you are looking for outside support as well, the following organizations can provide assistance. AMI-Quebec Action on Mental Illness AMI-Quebec helps families manage the effects of mental illness through support, education, guidance, and advocacy. Most programs are free! www.amiquebec.org Friends for Mental Health Facing mental illness is painful for families. It undermines their ability to cope with everyday living. Friends for Mental Health guides families towards new paths in learning to live with mental illness. We listen and counsel, we provide information and referrals, we offer self-help and respite, and we promote public awareness. Flexible and responding to changing needs, Friends for Mental Health works in collaboration with other professional mental healthcare providers. We are a non-profit, bilingual organization serving primarily the West Island of Montreal. www.asmfmh.org

What if the student is in a crisis?

When Counselling Services is open, students generally can be seen the same day by a counsellor/psychologist if necessary. If you or someone you know is in crisis and needs immediate assistance after hours and on weekends, there are a number of 24-hour telephone services (and other daytime services) that can help:

- West Island Crisis Centre: 514-684-6160 24-hour confidential crisis line, available 7 days a week, for both a person in distress or concerned family/friends. Mobile Service - a member of the crisis team can meet with you to assess a crisis situation. Short-term residential stay.
- Suicide Action Montreal: 514-723-4000 24-hour/7 day a week confidential support line for individuals contemplating suicide, concerned friends/family, as well as individuals affected by suicide.
- Sexual Assault Centre: 514-934-4504 24-hour/7 day a week confidential support line for individuals of all ages who are survivors of sexual assault, sexual abuse, and/or incest.
- SOS Violence Conjugale: 1-800-363-9010 24/7 phone line that can direct you to available shelters and support services in Quebec for situations of conjugal violence.
- Tel-Aide: 514-935-1101 Confidential listening and support line for: loneliness, anxiety, stress, relationship problems, grief and loss, etc.
- Batshaw Youth and Family Service 514-935-6196
- CLSC Lac St-Louis 514-697-4110
- CLSC Pierrefonds 514-626-2572
- CLSC Lachine-Dorval 514-639-0650

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