

# Indigenous Student Counsellor

I understand that university can be an unfamiliar and challenging time of transition for many students. I hope to be a resource for students who may be in need of a little extra support as they navigate change and university life. I practice from a client-led, client-centred approach - believing that every person holds within them the capacity to reveal solutions that have worked and can work for them. I am committed to providing a welcoming, safe space for students by offering services that are grounded in empathy, kindness, and humour.



**Carly Ducharme-Skinner**  
HBSW, RSW



**SCAN ME**

**Student Health and Wellness "New Patient" intake form for health or counselling services.**



**Online link to booking a counselling appointment.**

**Select Indigenous Student Counsellor: Carly Ducharme-Skinner**

- ☺ One-on-one counselling services for Indigenous students
- ☺ Confidential in person and virtual appointments available
- ☺ Free, client-centred, non-judgmental services
- ☺ System navigation & referrals
- ☺ Coping skills & stress management
- ☺ Wholistic and culturally informed mental health services, supports, programming, and workshops



**Lakehead**  
UNIVERSITY

**Student Health and Wellness**  
Prettie Residence

Appointments can be scheduled online, by visiting our front desk, or calling (807) 343-8361 during office hours.

\*Same Day/Next Day counselling appointments are released every morning for that same afternoon and the following morning.