Counselling at HOEM

Support that fits your schedule
right here at HOEM or online.

Meet Jacob

Jacob Damelin, R.P. (Qualifying) & Registered Psychotherapist
supports students through the challenges of university life.



Book a Session

Email Jacob
jacob@lostandfoundtherapy.ca
$120 per 50-minute session

A sliding scale may be available. Many student insurance plans cover psychotherapy—check your plan for details.

Appointments Are Available:

In person at HOEM on Wednesdays
Online throughout the week

What Can We Talk About?

Academic stress, anxiety, loneliness, imposter syndrome, financial pressure, homesickness, and anything else affecting your well-being.

Questions?

Contact the HOEM team at jarvis@hoem.ca.

HOEM on jarvis