Sheridan

Addictions and Mental Health

Ontario College Graduate Certificate | 2 years / 1 year | Field Placement
Davis Campus (Brampton) / Virtual (Online)

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Unlock the skills to successfully help others on their journeys to wellness.

Confidently take on real-world challenges

With the rise of addictions and mental health needs in Canada, there is a strong need for front-line workers with skills to deliver effective, client-centred support to individuals experiencing addiction and mental health challenges. At Sheridan, you'll learn and apply culturally relevant, trauma-informed practices that you can confidently transfer to a professional environment.

Gain practical hands-on experience

Before beginning your clinical field placement, you'll work with a variety of simulated clients using artificial intelligence-based mental health tools, digital counselling simulations and real-world case scenarios. Case management, counselling techniques and crisis interventions will also prepare you to create therapeutic connections with individuals, groups and families, and their circle of care.

Become a Certified Canadian Addiction Counsellor

Through Sheridan's Addiction and Mental Health program, both supervised classroom hours and field placement hours contribute toward meeting the educational and clinical training requirements for certification. Upon graduation, students will also be eligible for advanced standing toward obtaining certification through the Canadian Addiction Counsellors Certification Federation (CACCF).

Career opportunities

Mental health and addiction-related challenges are on the rise and the need for front-line workers with the knowledge and skills to help others navigate these challenges has never been more dire.

As a graduate, you can make an impact in your community in roles such as:

- Addictions Counsellor
- Mental Health Counsellor
- Support Worker
- Youth Addictions Worker
- Community Support Worker
- Case Manager
- Crisis Worker
- Housing Worker

Courses

Some of the courses you can expect to take in your program

- Fundamentals of Addictions
- Indigenous Peoples and Healthcare in Canada
- Crisis Management, Harm Reduction and Prevention
- Ethical Practice and Self Care
- Youth Resilience: Mental Health and Addiction
- Diversity Informed and Culturally Responsive Practices

Fees

Fees displayed are for the first 2 academic semesters and include tuition, health insurance and ancillary charges. These are estimates only; subject to change. See website for details.

For Canadian students

- $6,070.60 CAD

For international students

- $19,409.03 CAD

How to apply:

5 easy steps

1. Find your program
2. Check the admission requirements
3. Apply online
4. Submit your documentation
5. Accept your offer

Ready to get started?

sheridancollege.ca/apply



International students

Find out more about...

- Post-graduation work permit (PGWP) eligibility
- Admission requirements
- English language proficiency requirements
- Fees and financial aid
- Provincial Attestation Letters (PALs)

sheridancollege.ca/international

Admission requirements

Program eligibility

Postsecondary diploma, advanced diploma or degree in social services, health sciences, psychology or equivalent fields.

OR

Postsecondary diploma or degree in a field not listed above combined with 3–5 years of relevant professional work/volunteer and/or life experience.

OR

Demonstrated competence through 3–5 years of relevant professional work/volunteer and/or life experience.

Applicant selection

Eligible applicants will be selected on the basis of previous academic achievement and related courses, and/or demonstrated experience.

Applicants with postsecondary education outside of the fields identified and/or with demonstrated competence will be asked to submit the following information to determine eligibility:

- Cover Letter (one page maximum):
  - Describe your personal or professional career goals and explain how this specific program at Sheridan will help you achieve those goals.
  - Please highlight any professional, academic or volunteer experience that directly relates to the program you are applying for.
- Résumé
  - Outline your academic background and include related work and/or unpaid/volunteer work experience.
  - Please ensure your resume highlights any experience relevant to your chosen program.

Résumé formats vary by country. Applicants must ensure their documents follow Canadian format and standards. For more information, see: “How do I create a Canadian-style resume?”

The Office of the Registrar will update your application in the Sheridan Application Portal to let you know if a résumé submission is required.

Applicants who do not meet the admission requirements for this program will be assessed and advised individually and may be considered for other, related programs.

English language proficiency

All applicants whose first language is not English must meet Sheridan’s English proficiency requirements.

Refer to the website for full admission requirements.