

Mental Health Resources Summary



<u>Campus Police</u> (Dial 911 from any campus phone at Western)	<ul style="list-style-type: none"> • 24-hour, on-campus emergency response for all campus safety issues 	http://uwo.ca/police/
<u>Western Health & Wellness Website</u> <u>iWestern App</u> (For iPhone, Blackberry & Android)	<ul style="list-style-type: none"> • Information to help direct students, faculty, staff, parents and families to mental health services and resources available at Western 	http://www.health.uwo.ca/mental_health/ https://www.uwo.ca/its/mobile-doc/

Services for Western Students

<u>Student Development Centre (SDC)</u> ph. 519-661-3031 Location: WSS Rm. 4100 Western University	<ul style="list-style-type: none"> • Individual and crisis counselling • Support groups for various issues including stress, anxiety and eating disorders 	http://www.sdc.uwo.ca/
<u>Student Health Services (SHS)</u> ph. 519-661-3771 ph. 519-661-3030 (urgent concerns) Location: UCC 11(lower level) Western University	<ul style="list-style-type: none"> • Multidisciplinary counselling services • Psychiatry and physician counselling • Medication consultations 	http://www.health.uwo.ca/services/students/
<u>Student Emergency Response Team</u> Ph: 911 (from a campus phone)	<ul style="list-style-type: none"> • 24-hour on-campus response to health related emergencies 	www.sert.uwo.ca/
<u>Residence Counsellor: Chris Mellon</u> Location: Elgin Hall, Room 102 Western University	<ul style="list-style-type: none"> • Counselling services for students currently living on campus in residence 	cmellon@housing.uwo.ca

<u>King's Counselling and Student Development</u> ph. 519-433-3491 ext. 4321 Location: Wemple Building 157 King's University College	<ul style="list-style-type: none"> • Counselling services for students registered at King's University College 	http://www.kings.uwo.ca/current-students/campus-services/student-support-services/personal-counselling/
<u>Active Minds</u> Western University	<ul style="list-style-type: none"> • Student-run mental health, awareness, education and advocacy organization 	activeminds_uwo@hotmail.com
<u>Peer Support Centre</u> ph: 519-661-3425 Location: UCC 38 Western University	<ul style="list-style-type: none"> • A safe space for undergraduate students to seek support and resources, build community, meet other students, and talk about issues • Information and referrals to support services and resources can be provided over the phone 	http://www.westernpeersupport.ca/
<u>Health and Wellness Support Service</u>	<ul style="list-style-type: none"> • Services that promote healthy lifestyles for Western students (on- and off-campus) • Includes many aspects of health, including mental health, sexual health, healthy lifestyles, substance abuse and campus safety 	http://www.health.uwo.ca/
<u>Chaplain's Services</u> ph: 519-661-2111 ext. 85929	<ul style="list-style-type: none"> • Services to assist student's with their spiritual needs 	www.uwo.ca/chaplain
<u>Equity & Human Rights</u> ph: 519-661-3334 (or ext. 83334) Arthur & Sonia Labatt Health Sciences Building, Rooms 330-335 Western University	<ul style="list-style-type: none"> • Provides consultation on the University's discrimination and harassment policies, employment equity and diversity and other human rights related issues 	http://www.uwo.ca/equity/

Services for Western Faculty and Staff

<p><u>Family Service Employee Assistance Programs (FSEAP)</u> ph: 1-800-668-9920 Location: 125 Woodward Avenue, London, Ontario N6H 2H1</p>	<ul style="list-style-type: none"> • Counselling and support for full-time faculty, staff and their immediate families • Couple issues, family troubles, parenting, stress, alcohol and drug issues, finances, grief, depression or coping with illness 	<p>www.uwo.ca/hr/benefits/eap/</p>
<p><u>Student Emergency Response Team</u> Ph: 911 (from a campus phone)</p>	<ul style="list-style-type: none"> • 24-hour on-campus response to health related emergencies 	<p>www.sert.uwo.ca/</p>
<p><u>Rehabilitation Services</u> Location: Support Services Building, Room 4159 Western University</p>	<ul style="list-style-type: none"> • Provides support and resources to staff and faculty regarding health and wellness, medical absence and accommodation 	<p>http://www.uwo.ca/hr/safety/ergo_rehab/</p>
<p><u>Workplace Health</u> ph: 519-661-2047 UCC Rm. 25 (lower level) Western University</p>	<ul style="list-style-type: none"> • Medical care, occupational surveillance, nursing care, health education, blood pressure screening, allergy injections, immunization, flu shots, physiotherapy or massage therapy available to full-time faculty and staff 	<p>www.health.uwo.ca/services/fs/</p>
<p><u>Campus Student Case Manager:</u> <u>Anh Brown</u> ph: 519-661-2111 ext. 85985 Western University</p>	<ul style="list-style-type: none"> • Assists with the co-ordination of complex, multifaceted student issues (A resource for Faculty & Staff who interact with students) 	<p>anh.brown@uwo.ca</p>
<p><u>Equity & Human Rights</u> ph: 519-661-3334 (or ext. 83334) Arthur & Sonia Labatt Health Sciences Building, Rooms 330-335 Western University</p>	<ul style="list-style-type: none"> • Provides consultation on the University's discrimination and harassment policies, employment equity and diversity and other human rights related issues 	<p>http://www.uwo.ca/equity/</p>

<u>Staff Relations</u> 5100 Support Services Building Western University	<ul style="list-style-type: none"> • Offers consultation on complex employee issues and performance development 	https://www.uwo.ca/hr/admin/contacts.html
<u>Faculty Relations</u> StvH 3107 Western University	<ul style="list-style-type: none"> • Offers consultation on complex faculty issues 	http://www.uwo.ca/facultyrelations/contact/index.html

Community Services & Resources

<u>211</u> ph: 211	<ul style="list-style-type: none"> • Phone line and website that provides information and referrals to community and social services in Ontario; available 24/7. 	www.211ontario.ca
<u>Good 2 Talk</u> 1.866.925.5454	<ul style="list-style-type: none"> • Post-Secondary student help line that provides professional and anonymous support and counseling for students in Ontario 	www.good2talk.ca
<u>Addiction Services of Thames Valley</u> ph: 519.673.3242	<ul style="list-style-type: none"> • Community-based addiction programs by professionally trained counsellors 	http://adstv.on.ca/
<u>Canadian Mental Health Association (CMHA)</u> ph: 519-434-9191	<ul style="list-style-type: none"> • National-wide organization that promotes the mental health of all • Supports the recovery of persons experiencing mental illness 	http://www.cmha.ca/
<u>CMHA Crisis Services</u> (formerly London Distress Centre) ph: 591-433-2023 (Mental Health Crisis Line, 24/7)	<ul style="list-style-type: none"> • Crisis Mobile Team Intervention • Individual Crisis Counseling • Peer Support 	http://london.cmha.ca/mental-health/find-help/

<u>Connect for Mental Health</u> email: message@connectformentalhealth.org	<ul style="list-style-type: none"> • London peer-support organization coordinated by and for individuals who have been affected by mental illness • Provide support, education, and outreach 	http://connectformh.ca/
<u>ConnexOntario</u> ph: 1-800-565-8603 (Drug and Alcohol Helpline) ph: 1-866-531-2600 (Mental Health Helpline) ph: 1-888-230-3505 (Ontario Problem Gambling Helpline)	<ul style="list-style-type: none"> • Ontario helplines providing health services information for people experiencing problems with drugs or alcohol, gambling and mental illness. 	http://www.connexontario.ca/
<u>Hope's Garden</u> ph: 519- 434-7721 478 Waterloo St · London, ON, Canada · N6B 2P6	<ul style="list-style-type: none"> • An eating disorders support and resource centre, offering a safe and supportive environment to people dealing with eating disorders and for their families and friends 	http://www.hopesgarden.org/home
<u>Adult Eating Disorders Service</u> ph: 519-685-8500 ext 74793 111 Waterloo Street, Suite 309 A London, ON, N6B 2M4	<ul style="list-style-type: none"> • Support and group education for those with a diagnosed eating disorder 	http://www.lhsc.on.ca/About_Us/MHCP_Adult/EatingDisorders.htm
<u>Sexual Assault Centre</u> ph: 519-438-2272 (Crisis support line, 24/7)	<ul style="list-style-type: none"> • Provides supportive services to women 16 years of age and older who have experienced sexual violence at any point in their lives 	http://www.sacl.ca/
<u>Women's Community House</u> ph: 519-642-3000 (Helpline) Toll free: 1-800-265-1576	<ul style="list-style-type: none"> • Offers services and support to assist women in crisis, transitioning out of crisis, and re-establishing a healthy life 	http://www.shelterlondon.org/
<u>Mother Reach</u> Ph: 519-434-6848 Merrymount Family Support & Crisis Centre 1064 Colborne St. London, ON	<ul style="list-style-type: none"> • Support for mothers experiencing mood or anxiety problems during or after pregnancy 	http://www.helpformom.ca/

Additional Websites

Centre for Addiction and Mental Health: <http://www.camh.ca/en/hospital/Pages/home.aspx>

Centre for Clinical Interventions: <http://www.cci.health.wa.gov.au/>

Mind your Mind: <http://mindyourmind.ca/>

U Lifeline: <http://www.ulifeline.org/>

Anxiety Disorders Association of Canada: <http://www.anxietycanada.ca/>

The Anxiety Network International: <http://anxietynetwork.com/>

Depression Understood: <http://www.depression-understood.org/>

National Eating Disorder Information Centre: <http://www.nedic.ca/>

Additional Learning Opportunity at Western

Mental Health First Aid

Mental Health First Aid Canada teaches participants how to help someone showing signs of a mental health problem or experiencing a mental health crisis. The first aid is given until appropriate professional treatment is received or until the crisis is resolved. The concept is based on the model of medical first aid. Mental Health First Aid Canada is a 12-hour training course delivered in four modules of three hours each.

http://www.uwo.ca/hr/safety/topics/mental_health/