The Buddy System

These are challenging times and it is hard to connect regularly with each other even at the best of times. The Buddy System is a helpful and relatively simple way to make sure we are collectively looking out for each other. The process is described below.

1. Pairs, trios or groups are asked to formally identify themselves as a “buddy system.”
2. **Establish the platform** you are going to use to make daily contact with each other, text, What’s app, email, phone.
3. **Check-in each day**—maybe make it a habit first thing in the morning when you pick up your phone or at the end of the day putting it away, to check in with your buddy.
4. **Asking each other questions such as:**
   a. Some may want to use emoji check-ins something like: two thumbs up, one thumb up/one down or two thumbs down—if you are not 2 thumbs up and for sure if there are two thumbs down ---please make sure you reach out to your buddy to “talk”. Remember the bubby system is to make sure no one drowns. It can sometimes be difficult to know where to start. [https://www.ruok.org.au/how-to-ask](https://www.ruok.org.au/how-to-ask) (1 min video) provides a good template to start those conversations.
   b. Other suggested questions:
      i. How you are managing? What are you doing to cope? What is the level of stress? What are the challenges at work or at home?
      ii. Are you sleeping, eating, taking time to relax and recharge? Exercise.
      iii. Are you feeling emotion distressed? Depressed or anxious?
      iv. Share coping tips, resources.

5. **Remember that resources are available through a number of venues for those who need more assistance (see below)**

Let’s look out for each other

**London Campus Learners**

[Learner Experience Office](mailto:learner.experience@schulich.uwo.ca) (519) 661-4234

[Western’s Student Health and Mental Health Services](mailto:learner.experience@schulich.uwo.ca) (519) 661-3030

[The Good 2 Talk Helpline](mailto:good2talk.ca) (519) 661-3030

For learners in London hospital settings—LHSC Spiritual Care – (519) 685-8500 extension 58418 (available on site and 24-7 by pager)
Reach Out (crisis response service) 519 433-2023 or https://reachout247.ca/

CMHA Mental Health and Addictions Crisis Centre open 24/7 at 648 Huron St.
(519) 434-9191

**Windsor Campus Learners**

Learner Experience Office (519) 253-3000 extension 4312 | learnerexperience@uwindsor.ca

University of Windsor Student Counselling Centre 519 253-3000

My SSP 24/7 counselling service 1-844-451-9700 or the app MYSSP

University of Windsor Health Services (519) 973-7002

The Good 2 Talk Helpline (good2talk.ca) 1-866-925-5454

Community Crisis Centre (519) 973-4435

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