

Mental Health and Wellness **RESOURCE GUIDE**

For Undergraduate
and Graduate Students



Western

24-HOUR CRISIS SERVICES

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LEGEND

Phone Number	
Website	
Email	
24-Hour Service	

Explore Western's Student Guide for a list of all resources and services offered on campus. You can pick up a copy in front of the Bookstore in the University Community Centre and in the Western Student Services Building, or view it online at:

publications.uwo.ca/publications/student_guide.html

We would like to thank Heidi Balsillie, Fairmount Foundation, for generously supporting health and wellness initiatives at Western University.

Numbers to Call

Action Canada Access Line	1-888-642-2725	Page 32
Anova Sexual and Domestic Violence Helpline	English: 519-642-3000 French: 1-877-336-2433	Page 34
Atlohsa Native Family Healing Services Inc. Crisis Line	1-800-605-7477	Page 35
Campus Police	Emergencies: 911 Non-emergencies: 519-661-3300	Page 4
Drug and Alcohol Helpline	1-800-565-8603	Page 37
Good2Talk	1-866-925-5454	Page 38
Mental Health Helpline	1-866-531-2600	Page 44
Ontario Problem Gambling Helpline	1-888-230-3505	Page 46
Reach Out	1-866-933-2023	Page 48
Regional Sexual Assault and Domestic Violence Treatment Centre	Monday - Friday, 8:00 a.m. - 4:00 p.m.: 519-646-6100 ext.64224 After Hours: 519-646-6100: Press "0" and ask switchboard to page the nurse on-call for sexual assault and domestic violence	Page 49
Student Emergency Response Team (SERT)	911 (on a campus phone) or 519-661-3300 (on a cellphone)	Page 17

ON-CAMPUS RESOURCES

Western has a variety of services and resources geared towards improving student life.

In these pages, you will find content related to your academics, as well as your health and well-being. Each resource is available to undergraduate, graduate, and affiliate students unless otherwise specified.



Academic Counselling

**Refer to page 21 and 22 in the "Counselling" section.*

Accessibility at Western



Western is committed to achieving barrier-free accessibility for persons with disabilities who are studying, visiting, and working at Western. As part of this commitment, there are a variety of services, groups, and committees on campus devoted to promoting accessibility and ensuring that individuals have equitable access to services and facilities. Western's Accessibility program is coordinated by Equity & Human Rights Services.

Somerville House, Room 2319 | 519-661-2111 ext.81458 |
accessibility@uwo.ca | accessibility.uwo.ca

Ally Western



Ally Western is a student run program through the University Student's Council that is dedicated to creating allyship, inclusivity, and safer spaces. As an outreach service, Ally Western organizes free educational workshops which promote the following objectives: creating a safe, accepting, and inclusive environment where diversity is understood and embraced; reducing fear of discrimination or harassment; educating participants about challenging issues; and creating a visible support network for the entire Western community.

allywestern@westernusc.ca | facebook.com/AllyWesternUWO

Birth Control Information - Student Health Services



Student Health Services provides Birth Control Information Sessions to patients receiving, or interested in receiving a prescription for birth control. Sessions are about 45 minutes long and include information about the types of birth control available and their proper use.

UCC, Room 11 | 519-661-3030 |
uwo.ca/health/services/students/shs

True or
False?

Mental illness is the 10th leading cause of disability and premature death in Canada.

FALSE - Mental illness is the second leading cause of disability and premature death in Canada (Bell Let's Talk).

Brescia University College Student Life Centre



We work in strong collaboration with partners, both on-campus and off-campus, to support students with initiatives, programs, and services in the following six pillars:

- Mental health and wellness (Case Management for students) - Post-secondary case management focuses on coordinating multiple campus and community services to support students with complex needs. Brescia has a Student Wellness Educator located in the Student Life Centre, St. James Building, who assists students in:
 - identifying appropriate supports
 - connecting/referring to appropriate internal and external services
 - admittance to the hospital for significant mental health issues and the return to campus process
- Career and professional development
- Orientation and transition
- Leadership and involvement
- Experiential education
- Learning enhancement

Mother of St. James Building Room 119 (Behind the Hive) | 519-432-8353 |
Bucstudent.life@uwo.ca | twitter.com/Brescia_SLC |
facebook.com/Student-lifeCentre

Campus Police



The Campus Community Police Service is a 24-hours per day, 7 days a week, accredited campus law enforcement agency. The Service's responsibilities include patrols on Main Campus and Affiliates, Investigations, Crime Prevention, Emergency Response, Western Foot Patrol, Work Safe Program, Lost and Found, Emergency Management, and Fire Safety. Special Constables have the authoritative powers necessary to deal with most issues found on campus.

Lawson Hall, Room 1257 | Non-emergencies: 519-661-3300 |
Emergencies: 911 | uwo.ca/police

Community Legal Services



Community Legal Services provides free legal advice and representation to members of the community, as well as Fanshawe College and Western students. They are funded by Legal Aid Ontario, Fanshawe Student's Council, the University Students' Council, and the Faculty of Law. Over 200 students work in the clinic over the course of the academic year under the supervision of experienced lawyers.

519-661-3352 | clsinfo@uwo.ca |
law.uwo.ca/legal_clinics/community_legal_services

Counselling and Psychiatry - Student Health Services



***Refer to page 23 in the "Counselling" section.**

UCC, Room 11 | 519-661-3030 | uwo.ca/health/services/students/shs

Dietitian Services



***Refer to page 23 in the "Counselling" section.**

UCC, Room 76B | 519-661-2111 ext. 82994 |
westernrds@gmail.com | facebook.com/WesternDietitianServices

Equity and Human Rights Services



Equity and Human Rights Services (EHRS) provides support and information regarding the University's discrimination and harassment policies and diversity programs. The Office is dedicated to making Western an equitable, safe, and supportive environment for all members of the University community. Students are encouraged to contact the office to discuss any questions or concerns relating to human rights or respectful behaviour on campus. EHRS is confidential and offers personal consultations, alternative resolution strategies, and training/workshop opportunities.

Somerville House, Room 2319 | 519-661-3334 |
equity@uwo.ca | uwo.ca/equity

Financial Counselling on Campus



***Refer to page 23 in the "Counselling" section.**

Western Student Services Building, Room 1100 | 519-661-2100 | finaid@uwo.ca |
registrar.uwo.ca/student_finances/financial_counselling.html

Food Allergies



Food allergies are a growing public health concern in Canada; approximately 2.5 million Canadians report having at least one food allergy. At Western, we encourage all students with food allergies to self-identify so that we can work together to keep them safe. If you have a food allergy and need assistance making menu selections in residence or in any of our campus cafes, please request to speak to the Supervisor/Chef or Manager on duty. For more information on food allergies, please contact the Nutrition Manager with Hospitality Services through the phone number or email below.

519-661-3855 | azok@housing.uwo.ca | nutrition.uwo.ca/dietary.cfm

Food Support Services



USC Food Support Services is a completely anonymous food hamper distribution system. Each month, food hampers are prepared by USC volunteers. These hampers, packaged discretely in grocery bags, contain enough food to prepare two meals. The hampers are then placed in unmarked lockers in the Student Health Services hallway. This service is available to any undergraduate student and no identification is required. This service will also be hosting open Food Bank hours throughout the week; please refer to the Food Support Services Facebook page for more information.

**Available only to undergraduate students*

foodsupport@westernusc.ca |
facebook.com/FSSwestern | twitter.com/FSSwestern

FRESH (Food Resources and Education for Student Health)



FRESH is a comprehensive peer nutrition education program created by and for university students. Using multiple strategies designed to increase awareness, improve knowledge, build skills, and influence the campus food environment, FRESH offers experiential learning opportunities for undergraduate students to educate their peers about all aspects of food and nutrition. If you're looking to organize a nutrition event, please complete the online request form found on the FRESH website.

freshu.ca | facebook.com/freshapproved | twitter.com/FRESH_U_

GradPath



GradPath is your portal to graduate student professional development programs at Western. It highlights information and resources you will need to succeed at each stage of the graduate journey, from coursework to comprehensive exams, thesis writing and publishing, to the job search after graduation. Whether you are looking for help with grant writing, strategies for overcoming procrastination, or opportunities to develop your conference presentation skills, GradPath will lead you to the programs on campus that will help you develop the competencies you need to succeed in teaching, research, and professional practice.

**Available only to graduate students*

519-661-2111 ext.80346 | tsc@uwo.ca | gradpath.uwo.ca

Hope's Garden Support Group



These groups offer a safe environment for individuals to share their experiences, guided by a facilitator, and gain tools for coping with disordered eating behaviours.

Visit the website for dates and times.

***Refer to page 39 in the "Off-Campus Resources" section for more information on Hope's Garden.**

519-434-7721 | info@hopesgarden.org |
hopesgarden.org/programs/support-groups

Indigenous Services (IS)



Indigenous Services (IS), part of the Student Experience portfolio, is committed to supporting Indigenous students in reaching their highest potential. IS provides a culturally-responsive space, programs, and services that: honour Indigenous cultures and languages, foster Indigenous presence and inclusion, engage communities, increase access, and facilitate transition, retention, graduation, and advancement. IS staff provide assistance through drop-ins and by appointment. Specialized resources focus on Indigenous issues in academic, cultural, and social areas, including career and employment opportunities and training/workshops. The Centre also offers: study space, quiet areas, gathering space, a computer lab, printing services, and kitchen facilities, with 24-hour access for registered students.

Western Student Services Building, Room 2100 | 519-661-4095 |
is.staff@uwo.ca | indigenous.uwo.ca

International and Exchange Student Centre (IESC)



The International and Exchange Student Centre (IESC) offers year-round programs and events for international and exchange students at Western. International graduate, undergraduate, and exchange students can also visit the IESC for individual assistance regarding a variety of issues including government and work regulations, as well as financial, cultural, academic, and personal issues. IESC also offers:

- Orientation programming
- Immigration information and assistance
- International Peer Connection program
- English Conversation program
- Advising and counselling
- Porch Light Program for Women
- Emergency loan and bursary program
- "Transition to Canada" interactive workshops
- International Student Network
- International Students & Wellness website
- Online assistance
- A comfortable lounge area
- Social events and information sessions
- Global Café weekly gatherings
- Leadership and intercultural skill development opportunities
- Tea and information sessions for spouses/partners of international students
- Income tax information sessions
- TALK: Talking about Life in Canada discussion group

International & Graduate Affairs Building, 2nd floor | 519-661-2111 ext.89309 | iesc@uwo.ca | iesc.uwo.ca

King's University College Student Support Services



***Refer to page 24 in the "Counselling" section.**

Wemple Building, Room 157 | 519-433-3491 ext.4321 | csd@kings.uwo.ca | kings.uwo.ca/current-students/student-support-services

True or False?

People don't recover from mental illness.

FALSE - People can and do recover from mental illnesses. Today, there are many different kinds of treatments, services, and supports that can help. Even when people experience mental illnesses that last for a long time, they can learn how to manage their symptoms so they can get back to their goals. (Canadian Mental Health Association)

The Laura Evans Psychoeducational Lecture Series (SDC)



The Laura Evans Psychoeducational Lecture Series, part of the Student Experience portfolio, includes lectures on:

- Mindfulness Meditation
- Managing Anxiety and Stress
- Healthy Relationships
- Body Acceptance
- Overcoming Procrastination
- Overcoming Perfectionism
- Assertiveness
- Introduction to Emotion Regulation
- Introduction to Distress Tolerance
- Public Speaking Anxiety

Visit the website for dates, times, and locations for the series.

studentservices.uwo.ca/secure/workshops/psychworkshops.cfm

Learning Skills Services (SDC)



Western's Learning Skills Services, part of the Student Experience portfolio, is dedicated to providing all Western students with personalized strategies to help you achieve academic success.

- Speak with a Learning Skills counsellor in a confidential appointment to develop and implement strategies to improve your effectiveness as a student.
- Attend presentations on key learning topics such as: Preparing for and Writing Multiple-Choice Tests, Optimize Lecture Learning, Successful Time Management, and more. Visit the website for a complete presentation schedule.
- Drop by the Peer Assisted Learning (PAL) Centre (WSSB Rm 4139) to discover strategies to succeed. Trained peers are available to support you with subject-specific and general learning concerns.

Western Student Services Building, Room 4100 | 519-661-2183 | learning@uwo.ca | sdc.uwo.ca/learning

True or False?

Across the world, 75% of those with a mental illness won't receive any treatment at all.

TRUE. For more information, see Mental Illness and Addiction in Canada from the Mood Disorders Society of Canada.

Mediation Services (Off-Campus Housing)



The Mediation Service is a free, confidential resource which seeks to assist in the speedy resolution of problems which may arise between students and landlords, students and London residents, and/or students and their peers.

The service offers the concerned parties a forum to represent and discuss their problems before a neutral third party. It facilitates the resolution process by providing information to the parties and by suggesting approaches to the handling of problems.

Use of this service is voluntary and in no way waives the participants' legal rights or remedies.

Ontario Hall, Room 3C1 | 519-661-3787 | housing.mediation.service@uwo.ca | offcampus.uwo.ca/mediation

Medical Care and Medical Notes — Student Health Services



Student Health Services is an appointment based family doctors office on campus for all registered part-time and full-time students at Western and Affiliated University Colleges. Urgent problems such as infections or injuries can often be seen the same day. Appointments can also be booked for non-urgent medical reasons. Patients can see a physician of a specific gender and can also ask to see the same doctor for each visit. If a concern arises that significantly impacts academic performance, a medical certificate may be required by your Faculty to confirm the presence of the medical condition. Medical certificates can be obtained from Student Health Services for a fee of \$20.

UCC, Room 11 | 519-661-3030 | uwo.ca/health/services/students/shs/appt.html

Mental Performance Training



**Refer to page 25 in the "Counselling" section*

nwesch@uwo.ca | elitemindperformance.com

Nutrition Information Services —



Ask Anne

University life can wreak havoc on anyone's diet — especially those who are just now venturing away from home cooking and have to make tough decisions like whether to have the cheeseburger or the grilled chicken breast. Whether you're fighting the "freshman fifteen" or trying to avoid a food-related allergic reaction, Western's Nutritionist can help you meet your nutritional goals and find resources about nutrition and eating on campus. If you have a nutrition-related question, simply submit it at the link below and you will receive an answer by email shortly.

nutrition.uwo.ca/askanne.cfm

Off-Campus Advisors



The Off-Campus Advisors are a group of students employed by Western University to help students and their neighbours deal with issues related to living in the community. They are trained to provide assistance, information, and support to students facing issues such as landlord or renting problems, bylaw questions, roommate disagreements, and any other issues or concerns that may arise when students are living off-campus.

Ontario Hall, Room 3C1 | 519-661-3787 | oca@uwo.ca | offcampus.uwo.ca/oca

Off-Campus Housing



The Off-Campus Housing Service strives to provide students and staff with a variety of housing options while offering personal assistance from Western staff. Lease reviews and other off-campus housing related questions are handled by the Housing Mediation Service. Western also offers the Off-Campus Advisors who help students and their neighbours deal with issues related to living in the London community.

Ontario Hall, Room 3C1 | 519-661-3550 | off-campus.housing@uwo.ca | offcampus.uwo.ca



In any given week, at least 500,000 employed Canadians are unable to work because of mental health problems.

TRUE. Of the 500,000 people off work in any given week due to mental health problems, there are 355,000 disability cases due to mental and/or behavioural disorders, plus approximately 175,000 full-time workers absent from work due to mental illness.

Off-Campus Sophs



Sophs are upper-year student volunteers who welcome first-year students to Western and serve as leaders and mentors throughout the year. They are part of the Society of Off-Campus Students (SOCS) community, which aims to provide new, off-campus students with social and academic supports, resources, and programming, as they transition into their first year at Western. Off-Campus (OC) Sophs are partnered with Faculty Sophs, who also live off-campus, and they work together to provide academic support to students. OC Sophs facilitate health and wellness, social, charity/volunteering, and academic events and initiatives throughout the year to help build the OC community and enhance the experience and connectedness of every off-campus first-year student.

socs@uwo.ca | success.uwo.ca/new_students/society_of_offcampus_students

Ombudsperson



The Office of the Ombudsperson provides a safe, confidential environment in which students can discuss a University-related problem or concern, and is independent of all other departments and offices. The Ombudsperson will:

- Suggest approaches and strategies for addressing and managing conflicts.
- Provide general information about University resources, procedures, rules, and students' rights and responsibilities.
- Work with students to identify problem-solving strategies for resolving their concerns.
- In situations where there is no further recourse, the Ombudsperson may investigate or review a decision, and may recommend a remedy.

Western Student Services Building, Room 3135 | 519-661-3573 |
ombuds@uwo.ca | uwo.ca/ombuds

Peer Support Centre



The Peer Support Centre's goal is to support and empower students on campus before they become overwhelmed. Peer Support acts as a first point of contact for students who are looking to be connected to resources on-campus and within the city of London, or who are seeking support from fellow peers. The Centre acts as a welcoming, safe, and confidential space where students can express their feelings on any issue free of judgment, and discuss mental health and wellness concerns. The Peer Support Centre is located in the University Community Centre (UCC) in Room 256 and operates Monday to Friday from 10:00 a.m. - 4:00 p.m. (hours are subject to change).

**Available only to undergraduate students*

UCC, Room 256 | 519-661-3425 | peersupport@westernusc.ca |
westernusc.ca/peersupport | facebook.com/PeerSupportWestern

Pharmacy



Two on-campus pharmacies are available for members of the Western Community: Western Pharmacy in lower level UCC Room 36, and Books PLUS Pharmacy at the corner of Western Rd. and Sarnia Rd.

Services include: prescriptions, online refills, special packaging for your medications, over-the-counter remedies for coughs, colds, aches and pains, cosmetics, and haircare items.

Visit the link below for contact information and hours of operation for each location.

519-661-4058 | universitypharmacy.ca

PrideWestern



PrideWestern is a University Students' Council service dedicated to supporting and celebrating gay, lesbian, bisexual, trans*, two-spirited, asexual, queer, questioning students, and their allies at Western University. Run entirely by students, PrideWestern holds office hours, hosts discussion groups, socials, info sessions, and connects students with other relevant support services on campus and within the London community.

pridewestern@westernusc.ca | facebook.com/PrideWesternUWO |
twitter.com/pridewestern

PSAC Local 610 (Teaching Assistants and Postdoctoral Scholars Union)



PSAC 610 is the Teaching Assistant Union at Western University which provides support for graduate and postdoctoral scholars with Teaching Assistantships. Like SOGS, it offers financial support services such as Extended Health and Dental coverage, scholarships, bursaries, travel and child subsidies, and the Food Support and Resources Fund. The Food Bank provides members who experience chronic or unexpected financial need or an emergency that diverts income from their food budget. For more information regarding these services, please see the PSAC 610 website.

SH, Room 1313 | (519)-850-2998 | psac610@psac610.ca |
psac610.ca

Psychological Services (SDC)



Psychological Services, part of the Student Experience Portfolio, provides high-quality psychological services free of charge to the student community. Services include:

- Individual assessment, counselling, and referral.
- Crisis appointments.
- Single session solution-focused walk-in service.
- Specialized drop-in program for exam period stress.
- Talk about Life in Canada: an International Student drop-in group offered by Psychological Services and the International and Exchange Student Centre (IESC).
- Comprehensive group program on topics such as Emotion Regulation and Managing Stress and Anxiety.
- Laura Evans Psychoeducational Lecture Series on topics such as Public Speaking Anxiety and Mindfulness Meditation.
- Exam stress drop-in counselling during the December and April exam periods.

Western Student Services Building, Room 4100 | 519-661-3031 | sdc.uwo.ca/psych

Residence Counselling



**Refer to page 26 in the “Counselling” section and page 29 in the “Services for Students Living in Residence” section.*

Ontario Hall, Room 3C10 | needtotalk@uwo.ca

Services for Students with Disabilities (SDC)



Services for Students with Disabilities, part of the Student Experience portfolio, offers individual appointments with counsellors who specialize in assisting students with various disabilities. These disabilities might include:

- Vision
- Hearing and mobility impairments
- Learning disabilities and attention disorders
- Chronic illness and pain
- Mental health disabilities
- Acquired brain injuries

Our services include:

- Academic accommodation
- On-campus transportation
- Alternative format textbooks
- Learning strategy instruction
- Assistive technology instruction
- Counselling/referrals
- Bursary for OSAP eligible students

Facilities include an Access Lab and a Learning Opportunities Lab.

Western Student Services Building, Room 4111 | 519-661-2147 | ssd@uwo.ca | sdc.uwo.ca/ssd

Sexual Violence Prevention Education Coordinator (SVPEC)



The Sexual Violence Prevention Education Coordinator (SVPEC), part of the Student Experience portfolio, is a resource for all Western students who have been subjected to sexual violence and those individuals supporting survivors of sexual violence. The SVPEC provides a compassionate and survivor-centric approach. The role of the SVPEC is to assist survivors in navigating campus and community supports and understanding the various options available to them. The SVPEC is available to provide training and educational workshops.

Wellness Education Centre, UCC, Room 76 | 519-661-2111 ext. 87085 | svpec@uwo.ca | uwo.ca/sexualviolence

Sexually Transmitted Infection (STI) Testing - Student Health Services



Student Health Services physicians can screen for all common sexually transmitted infections, including gonorrhea, chlamydia, syphilis, HIV, and Hepatitis B. STI testing is done with the utmost sensitivity and understanding. It's better to come in and get tested than to worry, experience discomfort, or wait for a condition to become worse.

UCC, Room 11 | 519-661-3030 | uwo.ca/health/services/students/shs

Society of Graduate Students (SOGS)



The Society of Graduate Students (SOGS) provides its members with an Extended Health and Dental Plan (Studentcare). The Plan includes mental health services such as MindCheck, Good2Talk, and an Online Psychology Network (available at studentcare.ca/talkitout). Detailed information on Studentcare can be found at studentcare.ca (UWO/SOGS)* or by visiting the SOGS Office**. In addition to the Extended Health and Dental Plan, SOGS also offers its members a bus pass, scholarships and bursaries, emergency loans, travel and childcare subsidies, as well as a Food Bank for non-Teaching Assistant SOGS members which complements the PSAC 610 (Union) Food Support and Resource Fund***. In terms of community and wellness support services, SOGS offers Graduate Peer Support (GPS). GPS offers community space, events, and funding opportunities for wellness initiatives spearheaded by SOGS members. GPS oversees the Food Bank program and the Wellness Joint Fund, a Fund that allows graduate students to apply for funding to run wellness initiatives in their own department. For more information on the services above, please see the SOGS website or visit the SOGS Office (see website for Office hours).

** Available only to graduate students who are members of SOGS and who have opted into the Plan. Part-time and Leave of Absence students are welcome to opt-in to the Plan at an increased premium.*

*** The SOGS Office will be moving to Middlesex College (which houses The Grad Club) sometime between the Fall and Winter of 2017-2018. Please refer to the SOGS website for updated information.*

****Please see PSAC 610 (Union) for more information.*

UCC, Room 260 | 519-661-3394 | sogs@uwo.ca | sogs.ca

Student Development Centre (SDC)



The Student Development Centre (SDC), part of the Student Experience portfolio, offers a variety of academic and personal services to meet the needs of Western's students. Services are free for current students and recent grads and are administered by highly-trained and experienced professionals who know what campus life is all about. Visiting scholars, post-doctoral researchers, and families of faculty members can also access some of our services. Services include:

- Learning Skills Services
- Psychological Services
- Services for Students with Disabilities
- Volunteers in Progress
- Writing Support Centre
- Sexual Violence Prevention Education Coordinator
- Wellness Education Centre

Western Student Services Building, Room 4100 | 519-661-3031 | sdc.uwo.ca

The Student Emergency Response Team (SERT)



The Student Emergency Response Team (SERT) is a student-run, volunteer organization providing emergency medical response to 9-1-1 calls on Main, Brescia, and Huron campuses 24 hours a day, 7 days a week. The 50 team members are certified as Emergency Medical Responders and certified in Mental Health First Aid. SERT members complete extensive training in recognizing signs of someone experiencing a mental health crisis. They are trained to de-escalate situations and to refer students to appropriate mental health resources on- and off-campus. Additionally, SERT is able to directly refer students to the mental health resources available at Student Health Services, and work with Campus Police to activate the London Crisis Response Team in the event of immediate risk.

UCC, Room 28 | 911 (on a campus phone) or 519-661-3300 (on a cellphone) | shs-ert@uwo.ca | sert.uwo.ca

The Student Success Centre – Careers, Leadership, Experience



The Student Success Centre, part of the Student Experience portfolio, offers a variety of services and programs that help students with their personal and professional growth. The dedicated team of professionals have years of experience working with students beginning in high school, through their transition into first-year, during their entire academic career, and beyond. Services and programs include:

- Mentorship programs and supports for first-year, out of province, and first generation students.
- Career counselling services for assistance with career decision-making, linking academics to career paths, and assistance working through career-related stress and anxiety.
- Academic and social supports for students registered in the Scholar's Electives and Western Scholars programs.

To access these services, please call, email, or drop-in during regular business hours.

UCC, Room 210 | 519-661-3559 | successcentre@uwo.ca | success.uwo.ca

Take Care Module - Mental Health and Wellness in Graduate School



Take Care is an interactive online module outlining where graduate students can find help, both on- and off-campus, covering topics such as health, stress, and well-being. By completing the module, students will learn about coping mechanisms for stress, self-care, common mental health issues such as depression and anxiety, how to promote well-being, and the difference between mental health and mental illness.

grad.uwo.ca/current_students/living_well/livingwellatwestern/story.html

Teaching Support Centre (TSC)



The Teaching Support Centre (TSC), in partnership with the School of Graduate and Postdoctoral Studies, provides programs and resources to support graduate students. Offered throughout the year, these programs address a variety of topics, including effective teaching techniques, improved communication skills, the graduate student-supervisor relationship, and preparation for both academic and non-academic careers.

Whether you are interested in preparing for your first teaching experience, learning about communication in the Canadian classroom, developing advanced presentation skills, or preparing for your transition to your career, you will find a supportive group of peers at the TSC who are committed to excellence in teaching and learning.

**Available only to graduate students.*

D.B. Weldon Library, Room 122 | 519-661-2111 ext.80346 | tsc@uwo.ca | uwo.ca/tsc

University Students' Council (USC) Health Insurance/Benefit Coverage



The University Students' Council (USC) of Western University USC Benefit Plan covers all full-time undergraduate students attending Western University. These benefits were specifically designed for students. The Campus Trust has worked with the USC in order to provide coverage for health, dental, and travel needs. Eligible full-time undergraduate students are automatically enrolled in the USC Student Health and Dental Plans (valid from September 1, 2017 to August 31, 2018). Students with equivalent health plan coverage may choose to opt-out of the USC Health Plan or Dental Plan.

**Available only to full-time undergraduate students. Part-time students will not be automatically enrolled in this Health Coverage.*

****For graduate Student Health Coverage, see page 16.***

519-661-2111 ext.89259 | usc@studentbenefits.ca | studentbenefits.ca

Wellness Education Centre (WEC)



The Wellness Education Centre (WEC) provides all Western students – undergraduate, graduate, and professional students – with personalized assistance navigating mental health and other wellness resources in a welcoming, central location on campus. The WEC's student staff members never turn a student away, ensuring every student receives appropriate assistance connecting with the right services that suit their needs. The WEC is staffed by the Wellness Coordinator, Wellness Peer Educators, and WEC Volunteers. The Sexual Violence Prevention Education Coordinator and Western Dietitian Services also have offices in the WEC.

UCC, Room 76 | 519-661-2111 ext. 87127 | wec@uwo.ca | facebook.com/WellnessWestern | wec.uwo.ca

Western Chaplain Services



Chaplains are individuals appointed to serve the university community on behalf of the official bodies of their own faith traditions. As a whole, Chaplains are available to address the religious, spiritual, faith and value needs of all those at the university, a time when many students experience a radical change in their lives. These changes often involve questions around one's purpose in life. The chaplains serve everyone at Western and not just those from a particular faith (or non-faith) background. For those from religious traditions not represented by our chaplains, we can provide referrals to spiritual leaders and resources within their own tradition.

UCC, Room 38B | uwo.ca/chaplain

WesternU Mobile App



Western's mobile app has features designed to give you access to everything that Western has to offer. From exam/course schedules and academic dates, to up-to-date transit information, mobile access to OWL, improved maps, and detailed locations of all eateries on campus, the latest version of WesternU Mobile has something for everyone. Additionally, the app offers a resource on what to do in a mental health emergency, how to support others in distress, counselling, and other resources and services.

Search "WesternU Mobile" in the app store | uwo.ca/its/mobile



ON-CAMPUS COUNSELLING

Who should you see?

TYPE	DESCRIPTION
COUNSELLOR	A person who works with students to better understand and treat individual and social difficulties (Psychological Services), academic and learning challenges (Learning Skills), writing challenges (Writing Support), career concerns (The Student Success Centre), and navigating Western with disabilities (Services for Students with Disabilities), to optimize personal, academic, career, and social functioning.
ACADEMIC COUNSELLOR	Individuals who work with students within their faculties to help them handle academic challenges, demands and processes, and to optimize academic success. Academic Counsellors have knowledge of the broader campus community and the ability to make referrals to other services on campus.
PSYCHOTHERAPIST	An individual who has a graduate education in psychotherapy and is a member of the College of Psychotherapists of Ontario. A psychotherapist provides psychotherapy to treat an individual's emotional, behavioural, and social difficulties.
GENERAL PRACTITIONER (GP) THERAPISTS	Family doctors with specialized knowledge and training in psychotherapy. Student Health Services currently has three such physicians.
PSYCHOLOGIST	A Doctor of Psychology and a member of the College of Psychologists of Ontario, who has completed a PhD in psychology and a residency in psychology. A psychologist works with clients to assess, treat, and prevent emotional and behavioural difficulties. A psychologist may confer a diagnosis and may deliver psychological treatment to enhance emotional, academic, social, and physical functioning. Psychologists also provide training and supervision to student counsellors from a variety of academic programs within Psychological Services at the Student Development Centre.
PSYCHIATRIST	A medical doctor and a member of the College of Physicians and Surgeons of Ontario, who has completed an MD and a residency in psychiatry. Psychiatrists may confer a diagnosis, provide therapy, and provide medication consultation and monitoring at Student Health Services.

Who should you see? (continued)

TYPE	DESCRIPTION
SOCIAL WORKER	A person with a Master's degree in social work and who is a member of the Ontario College of Social Workers and Social Service Workers. A social worker works with clients to achieve optimum psychosocial and social functioning. At Western, there are MSW's working in Residence Counselling, Campus Case Management, and Student Health Services.

Academic Counselling

ARTS AND HUMANITIES	International and Graduate Affairs Building, Room 1N20 519-661-3043 arts@uwo.ca uwo.ca/arts/counselling
BRESCIA UNIVERSITY COLLEGE	The Hive, Mother St. James Memorial Building 519-858-5151 brescia@uwo.ca brescia.uwo.ca/academics/academic-advising
DON WRIGHT FACULTY OF MUSIC	Talbot College, Room 210 519-661-2044 music.uwo.ca/current-students/undergraduate/acad-counselling.html
EDUCATION	John George Althouse Faculty of Education Building, Room 1131 519-661-2093 ext.88548 zuber@uwo.ca edu.uwo.ca/contact-us
ENGINEERING	Spencer Engineering Building, Room 2097 519-661-2130 engugrad@uwo.ca eng.uwo.ca/undergraduate
GRADUATE STUDIES	Academic Counselling is done at the departmental level for graduate students. Go to the link provided below for a list of all programs. Clicking on a program will bring you to the program's details page where you can find the program contact in the right-hand column. This person will be able to advise you. grad.uwo.ca/prospective_students/programs/index.cfm
HEALTH SCIENCES	Labatt Health Science Building, Room 222 519-661-4119 shsinfo@uwo.ca uwo.ca/fhs/shs/students/academic
HURON UNIVERSITY COLLEGE	Student Support Services, Room W45 519-438-7224 ext.244 huronsss@uwo.ca huronuc.ca/advising
INFORMATION AND MEDIA STUDIES	FIMS & Nursing Building, Room 2001 519-661-3542 mit@uwo.ca intra2.fims.uwo.ca/current/counselling.htm
IVEY BUSINESS SCHOOL	Richard Ivey Building, Second Floor 519-661-4111 hba1@ivey.ca hba2@ivey.ca

Academic Counselling *(continued)*

KINESIOLOGY	3M Centre, Room 2225 519-661-3086 uwo.ca/fhs/kin/undergrad/counselling.html
KING'S UNIVERSITY COLLEGE	Dante Lenardon Hall, Room 104 519-433-3491 ext.4406 academic.dean@uwo.ca kings.uwo.ca/about-kings/who-we-are/administrative-departments/academic-deans-office
LAW	Law Building, Administrative Office, Room 241 519-661-3096 mclapton@uwo.ca law.uwo.ca/current_students/student_services justbalance.ca myassistplan.com
NURSING	FIMS & Nursing Building, Room 3306 519-661-3395 uwo.ca/fhs/nursing/undergrad/counselling.html
SCIENCE/BASIC MEDICAL SCIENCES	Western Science Centre, Room 140 519-661-3040 scibmsac@uwo.ca uwo.ca/sci/undergraduate/academic_counselling
SOCIAL SCIENCE	Social Science Centre, Room 2105 519-661-2011 ssaco@uwo.ca counselling.ssc.uwo.ca

Career Counselling



The Student Success Centre, part of the Student Experience portfolio, has several Career Counsellors who can help you explore your career options. Ensuring complete confidentiality, Western's Career Counsellors are trained with graduate degrees and have experience in career and employment counselling. They are skilled in helping students with a variety of challenges including:

- Identifying their career options
- Making career decisions
- Linking their academics to career paths
- Working through career-related stress and anxiety
- Supporting mental health issues which impact career development
- Overcoming obstacles to employment

To access these services, please call, email, or drop-in during regular business hours.

UCC, Room 210 | 519-661-3559 |
careercounsellor@uwo.ca | careercounselling.uwo.ca

Counselling and Psychiatry - Student Health Services



Student Health Services offers free counselling to all registered students. They are a multidisciplinary team of Psychiatrists, Physician Psychotherapists, and Social Workers who work with the varying needs of students. Their staff focus on all mental health issues both individually and in some group settings. Common issues include:

- Anxiety and depression
- Bipolar disorder
- Drug and alcohol addiction
- ADHD
- Sleep disorders
- Panic disorders
- Eating disorders

Same-day appointments can be made in crisis situations, short-term and longer term regular visits can be accommodated as well. Counselling is available year-round by calling Student Health Services.

UCC, Room 11 | 519-661-3030 | uwo.ca/health/services/students/shs

Dietitian Services



Western Dietitian Services, now located in the Wellness Education Centre (WEC), has partnered with the University Students' Council at Western University. Their registered dietitians work with students, faculty and staff to help with meal planning, irritable bowel syndrome, weight management, sports nutrition, chronic disease management, healthy eating on campus, managing eating disorders and other nutrition related concerns. Western Dietitian Services, open Monday through Friday, also offers one-on-one counselling, group presentations, "lunch-n-learns" and customized nutrition services. Anyone can book an appointment to see one of their dietitians by e-mailing westernrds@gmail.com.

UCC, Room 76B | 519-661-2111 ext. 82994 |
westernrds@gmail.com | facebook.com/WesternDietitianServices

Financial Counselling on Campus



By appointment only, speak in confidence with a Student Financial Aid Officer regarding concerns about your educational finances. During the appointment, topics of discussion may include: reviewing your OSAP entitlement, applying for financial assistance, developing a personal budget, student financial planning, debt management advice, or emergency financial assistance. Students who require emergency assistance can visit Student Central and request to speak with a Financial Aid Officer during regular office hours.

Western Student Services Building, Room 1100 | 519-661-2100 | finaid@uwo.ca |
registrar.uwo.ca/student_finances/financial_counselling.html

King's University College Student Support Services



Over the course of your time at King's University College, you may experience personal concerns which require you to seek help beyond your usual support system. Counselling and Student Development (C&SD) has caring professional counsellors to support you in managing your personal concerns more effectively. Their services include:

- Personal Counselling
- King's Academic Mentoring Program (KAMP)
- Learning Skills Services
- Career Services
- Accessibility Services (formerly SSD)
- Professional Counsellors and Staff
- Indigenous Services
- Campus Ministry
- Mature/Transfer Student Services

**Available only to King's students*

Wemple Building, Room 157 | 519-433-3491 ext.4321 | csd@kings.uwo.ca | kings.uwo.ca/current-students/student-support-services

Learner Equity and Wellness Office - Schulich School of Medicine and Dentistry



Services include:

- Personal counselling (short-term and crisis) and/or referral to campus and community professionals
- Case management of academic accommodations due to disability or health issues
- Career guidance and academic support
- Support and resources related to equity, intimidation, and harassment concerns within educational, work, and research activities
- Support services for medical and dental students to encourage and enhance success
- Workshops and presentations on topics related to personal and career wellness and equity issues

**Available only to Medical and Dental students*

Kresge Building, Room K1 | 519-661-4234 | equity.wellness@schulich.uwo.ca | schulich.uwo.ca/learner-equity-wellness

Learning Skills Services (SDC)



As part of the Student Experience portfolio, Learning Skills Services offers confidential individual counselling appointments. Counsellors help students cope with the demands of post-secondary learning, helping to identify strengths and develop new skills and strategies for success. Counsellors also work with students to alleviate academic stress and anxiety and to develop positive motivation and confidence toward learning. This service is suitable for a wide range of students from those wanting to maintain their already strong skills and those having academic difficulties.

****Refer to page 9 in the "On-Campus Resources" section for more information about other services offered through Learning Skills Services.***

Western Student Services Building, Room 4100 | 519-661-2183 | learning@uwo.ca | sdc.uwo.ca/learning

Mental Performance Training



Through group and/or individual sessions, Mental Performance Consultant, Natascha Wesch, PhD, assists athletes/coaches/performing artists to:

- Develop self-confidence
- Overcome adversity and face challenges with poise
- Set goals and create a positive long-term vision
- Use imagery to work on competitive skills
- Focus concentration and attention
- Create performance routines
- Develop a positive approach to competition
- Mentally recover from injury

519-661-3090 | nwesch@uwo.ca | elitemindperformance.com

Psychological Services (SDC)



As part of the Student Experience portfolio, Psychological Services provides free counselling sessions to the student community in the form of individual appointments, group sessions, crisis appointments, single session solution-focused walk-in services, and exam stress drop-in counselling during the December and April exam periods.

****Refer to page 14 in the "On-Campus Resources" section for more information about other services offered through Psychological Services.***

Western Student Services Building, Room 4100 | 519-661-3031 | sdc.uwo.ca/psych

Residence Counselling



The Residence Counsellor provides professional, confidential counselling services on a wide variety of issues, free of charge to students living in residence. The Residence Counsellors facilitate students' personal development, self awareness, problem solving and communication, and assist in supporting students with mental health issues who may demonstrate safety concerns for themselves and/or others. Collaboration and coordination with the Student Development Centre and Student Health Services is a priority.

**Available only to students living in Residence*

Ontario Hall, Room 3C10 | needtotalk@uwo.ca

Services for Students with Disabilities (SDC)



Services for Students with Disabilities (SDC), part of the Student Experience portfolio, offers individual appointments with counsellors who specialize in assisting students with various disabilities. These disabilities might include:

- Vision
- Chronic illness and pain
- Mental health disabilities
- Hearing and mobility impairments
- Learning disabilities and attention disorders
- Acquired brain injuries

***Refer to page 15 in the "On-Campus Resources" section for more information about other services offered through Services for Students with Disabilities.**

Western Student Services Building, Room 4111 | 519-661-2147 |
ssd@uwo.ca | sdc.uwo.ca/ssd

Many factors can influence your health and well-being. Western's Wellness Wheel outlines 7 important interacting dimensions of health. To learn more about these dimensions, visit the International Students and Wellness website here: iwellness.uwo.ca/#Wheel



For more information on mental well-being, how to help yourself, how to help someone else, and a list of crisis contacts, visit the Health and Wellness website here:
uwo.ca/health/mental_wellbeing

SERVICES FOR STUDENTS LIVING IN RESIDENCE

Academic and Leadership Programmers (ALPs)



Academic and Leadership Programmers (ALPs) are Residence Staff Members who are trained to help you with everything related to your academics and campus involvement. They offer programs and workshops, answer your academic questions, and connect you with campus resources. They'll also help you develop your leadership skills by linking you with involvement opportunities in residence, on campus, and in the London community. ALPs take a special role in supporting international students in transitioning to life on Western's campus and in Canada.

alps@uwo.ca | residenceatwestern.ca

Community Leader



The Community Leader is responsible for providing leadership and mentorship to upper year students living in London Hall and Alumni House. Reporting to the Residence Manager and supported by the Programming Coordinator, the Community Leader is a senior Residence Staff Member who has the experience and knowledge to deal with most situations that arise with upper year students including roommate issues, complaints, investigation of most incidents, coordinating with the front desk, and generally being available and visible to students in the building. They are responsible for community development in the building and on the floors ensuring they are assessing and meeting the varied needs of the students living there.

housing@uwo.ca | residenceatwestern.ca

True or False?

Canadians in the lowest income group are twice as likely as those in the highest income group to report fair to poor mental health.

FALSE. Canadians in the lowest income group are 3 to 4 times more likely than those in the highest income group to report fair to poor mental health.

Front Desk Staff



Residence Secretaries and Clerks look after the front desk with the support of the Manager of Front Desk Operations. They handle administrative functions, call for emergency assistance when needed, answer the front desk phone, take maintenance requests, and sort mail. They also dispatch on-call Residence Staff to address student concerns. There is always someone who is a phone call away. Even when your front desk is closed, the phone is forwarded to another desk where you can speak with a staff member.

housing@uwo.ca | residenceatwestern.ca

Office of Residence Education & Programs (OREP)



Staff in the Office of Residence Education & Programs (OREP) work to provide residents with a myriad of leadership, academic, and social programs that help you adjust to university life, build connections with your fellow residents, and develop your "outside the classroom" skills which help you grow as a person. The OREP office is involved in anything you might consider an "extra-curricular activity" in residence.

Ontario Hall, Room 3C10 | housing@uwo.ca | residenceatwestern.ca

Residence Counselling



The Residence Counsellor provides professional, confidential counselling services on a wide variety of issues, free of charge to students living in residence. The Residence Counsellors facilitate students' personal development, self awareness, problem-solving and communication, and assists in supporting students with mental health issues who may demonstrate safety concerns for themselves and/or others. Collaboration and coordination with the Student Development Centre and Student Health Services is a priority.

Ontario Hall, Room 3C10 | needtotalk@uwo.ca

Residence Managers



Residence Managers have extensive residence life experience and training. All Residence Managers are full-time employees of the University who live and work in each residence. They're responsible for promoting an atmosphere of academic achievement and community, and enhancing student learning outside of the classroom. They oversee the Residence Staff Members in the building and also help guide Residence Sops and Residents' Council.

housing@uwo.ca | residenceatwestern.ca

Residence Sophs



Sophs are upper-year student volunteers who welcome first-year students to Western and serve as leaders and friends throughout the year. Sophs work with your Residence Staff member to build a community on your floor and enhance your experience. Faculty Sophs live off-campus but are aligned with residence buildings to provide academic support to students.

housing@uwo.ca | residenceatwestern.ca

Residence Staff



Student staff members, under the direction of the Residence Life Management Team, are here to help. Residence Staff members are undergraduate students who live and work on a residence floor or wing. Your Residence Staff member will get to know and support you and the other students on your floor. Together, they'll help everyone build a positive living environment. They'll help you get acquainted with others, answer your questions, post information, assist you with problems, and uphold residence policies and your residence contract.

housing@uwo.ca | residenceatwestern.ca

True or
False?

Mental illnesses are just an excuse for poor behaviour.

FALSE. It's true that some people who experience mental illnesses may act in ways that are unexpected or seem strange to others. We need to remember that the illness, not the person, is behind these behaviours. No one chooses to experience a mental illness. People who experience a change in their behaviour due to a mental illness may feel extremely embarrassed or ashamed around others.

OFF-CAMPUS RESOURCES

There are a host of valuable resources in the London community and other online resources that allow students to keep their confidentiality while accessing accredited information regarding mental health.



Action Canada Access Line



The Access line is a 24-hour Canada-wide toll-free number that provides information on sexual and reproductive health as well as referrals to clinics and hospitals that offer health services in Canada, including abortion and pro-choice pregnancy options counselling.

1-888-642-2725 | access@sexualhealthandrights.ca | sexualhealthandrights.ca

Addiction Services Thames Valley (ADSTV)



Addiction Services of Thames Valley (ADSTV) is a community-based service that provides screening, assessment, referrals, and addiction treatment services for persons who are concerned

about substance use, and/or internet, gaming disorders or problems gambling. The agency operates in co-operation with local addiction, mental health, and health care providers through the Thames Valley region of the Southwest Local Health Integration Network. All ADSTV programs are staffed by professionally trained counsellors and case managers. They also provide support, education, and treatment for family members. Services are free and confidential.

519-673-3242 | start@adstv.ca | adstv.ca

True or
False?

People with mental illness have a tendency to be violent.

FALSE. The Canadian Mental Health Association reports that "as a group, people with mental health issues are not more violent than any other group in our society. The majority of crimes are not committed by people with psychiatric illness, and multiple studies have proven that there is very little relationship between most of these diseases and violence. The real issue is the fact that people with mental illness are two and a half to four times more likely to be the victims of violence than any other group in our society."

AIDS and Sexual Health Infoline



A province-wide, free, anonymous service staffed by professional, multidisciplinary, and multicultural counsellors who offer assistance in different languages. Hours of operation are Monday - Friday, 10:00 a.m. - 10:30 p.m., and 11:00 a.m. - 3:00 p.m. on weekends. Clients can also anonymously chat with a counsellor online between 10 a.m. - 5 p.m. by visiting the Toronto Public Health webpage. They offer anonymous and non-judgmental counselling, and current, accurate and detailed information and support on:

- HIV/AIDS
- Pre-test and post-test options
- Information and referral to point of care HIV Rapid Test sites province-wide
- Safer sex activities
- Risk assessment
- STIs
- Birth control
- Emergency contraception
- Sexuality
- Relationship concerns
- Pregnancy
- Sexual orientation
- Issues related to harm reduction, including injection drug use and needle exchange programs

They also offer:

- Referral to appropriate clinics and community agencies.
- Crisis intervention.
- Assistance in problem solving and decision making.
- Individualized time to address each client's needs.
- Complementary service to existing public health and community programs.

Ontario: 1-800-668-2437

Alcoholics Anonymous (AA)



Alcoholics Anonymous (AA) is an international fellowship of people who have had a drinking problem. It is non-professional, self-supporting, nondenominational, multiracial, apolitical, and available almost everywhere. There are no age or education requirements. Membership is open to anyone who wants to do something about their drinking problem. AA holds weekly meetings on Fridays on Western's campus.

519-438-1122 | aalondon.org

True or
False?

Mental health is defined as a constant feeling of contentment.

FALSE. Mental health is defined as striking a balance in all aspects of your life (social, physical, spiritual, economic, mental).

Anova (formerly Sexual Assault Centre London and Women's Community House)



Anova combines over 80 years of feminist experience and expertise in ending gender-based violence in London and Middlesex County. The primary focus is on four key areas: education, advocacy, shelter and counselling. The services provided include: sexual violence counselling, a 24-hour helpline, emergency short-term shelters for women and their children experiencing abuse, public education trainings and workshops, violence prevention youth programming, second stage housing, and transitional outreach services. Anova also offers assistance through the Family Court Support Program, the Community Group Program for Children, the New Beginnings Loan Fund (through the United Way) and a social enterprise second-hand boutique Mine 101 (located at 900 Oxford St.). Anova works to inspire hope, healing and change as it moves towards its vision of a world without violence.

519-642-3003 | Toll free: 1-800-265-1576 | anovafuture.org

Anova Sexual and Domestic Violence Helpline



24-hour help line for issues related to sexual violence and domestic violence that is open to all genders. Assistance in French is available.

English: 519-642-3000 | French: 1-877-336-2433

Atlohsa Native Family Healing Services Inc.



Atlohsa offers housing support, transitional housing, and emergency shelter at Zhaawanong Native Women and Children's Shelter for families experiencing homelessness or violence in relationships. In addition, Atlohsa and Zhaawanong Shelter offer holistic healing services and protection in a safe and supportive environment. Services include:

- Traditional healing circles for women, men, children, and youth
- Community education
- Volunteer programs
- Crisis intervention
- Violence prevention
- Family unification
- Transitional support
- Community socials
- Advocacy
- Promotion of physical, mental, emotional, and spiritual health
- 24-hour crisis phone line

519-438-0068 | Crisis Line: 519-432-0122 | Toll free: 1-800-605-7477 | admin@atlohsa.com | atlohsa.com

Canadian Mental Health Association (CMHA) Middlesex



**Canadian Mental Health Association
Middlesex**
Mental health for all

CMHA Middlesex provides community mental health services, housing supports, education, and drop-in community programs across London, Middlesex, Strathroy, Exeter, and Goderich. You can learn about upcoming education workshops, volunteer opportunities, awareness events and more on the website. Crisis services include the 24/7 walk in Mental Health and Addictions Crisis Centre at 648 Huron St. that is open to anyone 16 and older experiencing a crisis. You can also call Reach Out, our 24/7 mental health and addictions information, support, and crisis service at 519-433-2023 or 1-866-933-2023.

519-434-9191 | Reach Out: 1-866-933-2023 | info@cmhamiddlesex.ca | cmhamiddlesex.ca

Can-Voice



Can-Voice is a member-run peer support, self-help organization for the education and empowerment of consumers/survivors of the mental health system. Can-Voice provides opportunities for successful experiences through the involvement of members in the organization and maintenance of their own autonomous, democratic community. Individuals 16 years and older serve on a team, helping to make Can-Voice a safe, respectful meeting place for Consumer Survivors of the mental health systems.

519-434-8303 | canvoice@gtn.net | can-voice.org

Changing Ways



Changing Ways supports men to stop their abusive behaviour in their relationships, and challenges them to take an active role in preventing violence against women. The agency is a model in the larger community, working in solidarity with others who are committed to ending violence against women.

The agency's philosophy is that sexism is inherent in the power imbalance that contributes to violence against women. Gender systems continue to privilege and enable men to exercise control over women in their primary relationships. Changing Ways is committed, on all levels, to a feminist model in an effort to eradicate woman abuse, and to changing the value systems that perpetuate inequality.

519-438-9869 | info@changingways.on.ca | changingways.on.ca

CONNECT for Mental Health



CONNECT for Mental Health Inc. is a not-for-profit peer support organization run by and for individuals who have been affected by mental illness. CONNECT has trained peer support volunteers and facilitators who provide a variety of peer support services in London,

Ontario. We offer over 50 different peer led workshops and groups, such as Wellness Recovery Action Planning, PEARS and Peer Zone, etc. CONNECT also has an outreach team that speaks out publicly on mental health and recovery to decrease stigma, to let others know they are not alone, and to promote early intervention. CONNECT provides peer support services in the community to all ages including youth, young adults and seniors.

519-679-4040 | message@connectformh.ca | connectformh.ca

Daya Counselling Centre



Daya Counselling Centre provides therapeutic counselling services to individuals, families, and couples (over 16 years of age). Cost of counselling is not a barrier—fees are based on income and Daya is committed to ensuring no one is turned away due to their ability to pay for service. Your mental health is important to us. Consider counselling—it's you, better.

519-434-0077 | info@dayacounselling.on.ca | dayacounselling.on.ca

Drug and Alcohol Helpline



The Drug and Alcohol Helpline is a service operated by ConnexOntario Health Service Information that provides information about drug and alcohol addiction services in Ontario. They are funded by the Government of Ontario. The service is live answer 24/7, confidential, and free.

1-800-565-8603 | drugandalcoholhelpline.ca

Family Service Thames Valley



Family Service Thames Valley (FSTV) is a multi-service, non-profit agency that works to ensure the well-being of people, organizations and communities through programs related to mental health and financial counselling, developmental services, education and group workshops, community outreach and advocacy. FSTV programs minimize

obstacles of culture, language, ethnicity, gender expression, sexuality, age, low income and other barriers. Programs that are available to students include:

- Community Counselling Program (individual, couple, family, and group counselling)
- Credit Counselling Program
- Community Integration Program (developmental services)
- Employee Assistance Program
- Free Walk-in Clinic (every Tuesday from 1:00 p.m. to 6:00 p.m.)

You can get the process started quickly by calling one of our Client Services Coordinators and answering a few simple questions. Connect with us through Facebook to stay up to date with our services and events.

519-433-0183 | fstv@familyservicethamesvalley.com | facebook.com/familyservicethamesvalley | familyservicethamesvalley.com

FEMAP: First Episode Mood and Anxiety Program



FEMAP is a program helping older teens and young adults (ages 16-25) with emotional concerns that fall into the categories of mood and/or anxiety symptoms. FEMAP provides a safe and

confidential place for youth to get help early, before symptoms begin to disrupt lives. FEMAP provides a full range of services, from assessing whether someone has a mood and/or anxiety disorder, to helping overcome symptoms with proven methods (including therapy, medication, and substance abuse treatments). Students can self-refer for this service; all you have to do is call the phone number or send an email to get the process started. FEMAP is a research funded program so those who choose to come to the program are expected to participate in research (filling out questionnaires).

519-646-6000 ext.65178 | FEMAP@lhsc.on.ca | lhsc.on.ca/About_Us/FEMAP

Food Bank



The London Food Bank is a unique citizen-run organization that involves and affects thousands of volunteers, donors, and clients from London and region. Assisting 3400-3500 families a month, along with providing food to over 20 other social agencies, requires a generous and dedicated community to keep supplies stocked. The London Food Bank considers itself fortunate to live among so many dedicated citizens, groups, and companies in London who find new and innovative ways to help struggling families. Hours of operation:

- Monday to Friday: 9 a.m. - 4 p.m. No appointment necessary, Western students welcomed.
- Saturday mornings: 10 a.m. - 12 p.m. for Western and Fanshawe students only.

519-659-4045 | londonfoodbank.ca

Good2Talk



1.866.925.5454
or connect through 2-1-1

Post-Secondary Student Helpline

Good2Talk is a free, confidential and anonymous helpline providing professional counselling, information and referrals for mental health, addictions and well-being to post-secondary students in Ontario. Good2Talk provides live answer and is available by phone 24/7 in both English and French.

1-866-925-5454 | good2talk.ca

Hope's Eating Resource Support



Hope's ERS supports those struggling with negative body image, feelings of low-self worth and eating disorders by providing education, advocacy, and resource support.

At Hope's, health is measured by how people feel about themselves internally and is not a reflection of a number displayed on a scale.

Support services offered include:

- Peer support groups
- Facilitated support groups
- Expressive Art programs
- Friends and family education and resources
- Library of resource books
- Community education to build awareness

Hope's EDS is available on campus.

519-434-7721 | info@hopesgarden.org | hopesgarden.org

Legal Aid Ontario



Legal Aid Ontario (LAO) provides legal assistance province-wide to financially eligible people with low income who need help with their family, criminal, or immigration/refugee legal matters. To find out more about services available, visit LAO's Getting Legal Help section at legalaids.on.ca. To apply for legal aid, call Legal Aid Ontario's toll-free number 1-800-668-8258. If you are hearing impaired, call the

toll-free TTY service at 1-866-641-8867 or if you have Bell Relay, call 1-800-668-8258. Service is available in over 200 languages.

Lawfacts.ca has information on criminal and refugee law as well as resources for Aboriginal people and people with mental health issues. LAO has also developed a Mental Health Strategy to improve and expand services, with information available at: beta.legalaids.on.ca/strategic/mental-health-strategy

For more information specifically about mental health, please visit the following links:

- legalaids.on.ca/en/getting/type_civil-mentalhealth.asp
- legalaids.on.ca/en/getting/default.asp
- lawfacts.ca/mental-health

Toronto: 416-979-1446 | Toll Free: 1-800-668-8258 |
TTY: 1-866-641-8867 | legalaids.on.ca

LGBT Youth Line



The Lesbian, Gay, Bi, Trans (LGBT) Youth Line is a toll-free service provided by youth, for youth. They offer support, information, and referrals specific to your concerns. The LGBT Youth Line are here because they want to be there for you — to be part of your community. They may not have lived your experiences exactly, but they can probably relate. The LGBT

Youth Line volunteers are lesbian, gay, bisexual, transgender, transsexual, two-spirit, or queer. They're here to help youth who are 26 and under who live anywhere in Ontario and are available by phone, text, instant message, and email 4:00 p.m. - 9:30 p.m. Sunday - Friday.

1-800-268-9688 | youthline.ca

LGBT2Q+ Resources: London Middlesex Health Unit



In this section of the London Middlesex Health Unit, you will find a directory of LGBT2Q+ friendly resources that are maintained by The LGBT2Q+ Network of London and Area. Resources include counselling and therapists, esthetic services, legal services, social services, support groups, and more.

The LGBT2Q+ Network of London and Area is a public directory of organizations and service providers who have committed to specific Community Standards of Practice related to serving LGBT2Q+ communities. The Network's Advisory Team coordinates the directory, using the Community Standards of Practice as a tool to identify and improve access to inclusive resources and services for LGBT2Q+ communities.

519-663-5446 | healthunit.com/lgbtq-resources

LIFE*SPIN



LIFE*SPIN (Low Income Family Empowerment/Sole-Support Parent Information Network) is an organization

dedicated to providing information and support to individuals surviving on low incomes.

LIFE*SPIN strives to support the empowerment and self-development of these individuals in their efforts to attain self-sufficiency.

The advocacy team at LIFE*SPIN specializes in assisting with:

- Ontario Works (OW), also known as welfare, is meant to prevent people from falling through the cracks, and is considered income of the last resort.
- Ontario Disability Support Program (ODSP) is the provincial disability program. The advocate's role is to help gather and review supporting medical documents, contact doctors for updated reports, and frequently help clients complete the complicated application forms.
- The Canada Pension Plan-Disability Benefits (CPP-D) is the federal disability pension. The advocate's role is to guide and assist clients in making application and accessing the medical reports, similar to the ODSP process.
- Additional Community Supports, such as assisted referrals for medical devices, vouchers, health care supports, housing, etc.
- LIFE*SPIN, as part of the Canada Revenue Agency's Community Volunteer Income Tax program, provides income tax preparation services to low income individuals and families in order to help them access the various badly needed tax credits and benefits to which they are entitled.

LIFE*SPIN also offers a "Free Store" that is open Monday and Wednesday from 10:00 a.m. to 2:00 p.m. and on Tuesdays from 3:00 p.m. to 7 p.m. LIFE*SPIN can issue vouchers for beds, housewares, and non-prescription drugstore items.

Nutrition: monthly community meals that we prepare together. Our collective cooking events are vibrant, welcoming and inclusive, as we invite all members of the London community to prepare fresh and nutritious meals in an enjoyable atmosphere.

Just 4 Girls: weekly peer support group for young women aged 12-18

Housing: LIFE*SPIN directs a community-based permanent housing option to provide safe, attractive, supportive and affordable accommodation for those who are homeless or at risk of homelessness.

Pocket-Sized Farms: children's day-camp starts the morning with physical activities and healthy snacks are provided each day. This program supports low-income families who need quality summer programming for their children in order to continue working.

The Living Room is truly a community space which hosts numerous arts, cultural, education, and neighbourhood initiatives

519-663-5446 | lifespinn.org.doodlekit.com/home

London Abused Women's Centre



The London Abused Women's Centre offers abused, prostituted, and sex-trafficked women and girls (over the age of 12) hope and help for their hurt through the provision of advocacy, long-term counselling, and support services in a safe, non-crisis, non-residential setting. The London Abused Women's Centre website is intended to provide you with information about the Centre's services as well as educational information about woman abuse. In addition, you will find a number of articles, handouts, and reports written by the Centre.

519-432-2204 | Abused Women's Helpline: 519-642-3000 | info@lawc.on.ca | lawc.on.ca

London and District Academy of Medicine



The London and District Academy of Medicine is a professional medical association representing member physicians in London and surrounding area. Through this website, you can find local family physicians.

ldam.ca/FindADoctor

London Intercommunity Health Centre



The London InterCommunity Health Centre has been a part of London's Old East community for more than 20 years. We provide health and social services in a welcoming setting to those who experience barriers to care. These barriers may include poverty, homelessness, language or culture, and complex and/or chronic health conditions including mental health and addictions.

Our two East London locations offer care by a team which includes family doctors, nurse practitioners, nurses, social workers, dietitians and community health workers. The Health Centre offers many programs that address the factors in our living and working lives that impact our health, well-being and ability to reach our potential. These factors include income, education, employment, housing, food, recreation and social supports. The Health Centre offers many programs and services such as anonymous HIV testing, Diabetes self-management groups, Hepatitis C care and Transgender health clinics.

Our vision is to build opportunities for healthy and inclusive communities.

Dundas: 519-660-0874 | Huron: 519-659-6399 | mail@lihc.on.ca | lihc.on.ca

Mental Health and Addictions Crisis Centre



The Mental Health and Addictions Crisis Centre is a partnership between the Canadian Mental Health Association Middlesex and Addiction Services of Thames Valley. The Crisis Centre provides immediate crisis assessment, intervention, stabilization and links to community resources for individuals (16 and older) experiencing a crisis that doesn't require medical treatment.

No referral is needed. You can walk in 24 hours a day, 7 days a week. You can also call Reach Out, our 24/7 mental health and addictions information, support, and crisis service, at 519-433-2023 or 1-866-933-2023.

The Mental Health and Addictions Crisis Centre is located at 648 Huron Street.

519-434-9191 | Reach Out: 1-866-933-2023 | cmhamiddlesex.ca/types-programs-seservices/crisis-services

Mental Health Care Program - London Health Sciences Centre



London Health Sciences Centre (LHSC) offers a wide range of programs which reflect the diversity of our clients and also the knowledge and skills of our staff and physicians. Through committed teams, we provide evidence-based, compassionate care in partnership with other programs at LHSC and the community. The program offers stabilization and treatment for adults over 18 years of age. Visit the link provided for contact information. Programs include:

- Adult Eating Disorders Service
- Adult Inpatient Mental Health Service
- Centralized Emergency Psychiatry Service (CEPS)
- Consultation-Liaison Service
- Coordinated Intake for Ambulatory Mental Health Services
- General Adult Ambulatory Mental Health Service
- Geriatric Mental Health Program
- Prevention and Early Intervention in Psychosis (PEPP)
- Traumatic Stress Service
- Urgent Consultation Service

lhsc.on.ca/About_Us/MHCP_Adult/Services_We_Provide.htm



In 2008, 46% of Canadians thought people used the term mental illness as an excuse for bad behaviour.

TRUE. 27% said they would be fearful of being around someone who suffers from serious mental illness.

Mental Health First Aid (MHFA)



Mental Health First Aid (MHFA) is the help provided to a person with a developing mental health problem or experiencing a mental health crisis. Just as physical first aid is administered to an injured person before medical treatment can be obtained, MHFA is given until appropriate treatment is found or until the crisis is resolved.

The MHFA Canada program aims to improve mental health literacy, and provide the skills and knowledge to help people to better manage potential or developing mental health problems in themselves, a family member, a friend, or a colleague.

1-866-989-3985 | mhfa.ca

Mental Health Helpline



The Mental Health Helpline is a service operated by ConnexOntario Health Service Information that provides information about mental health services in Ontario. The Mental Health Helpline is funded by the Government of Ontario. The service is live answer 24/7, confidential, and free.

1-866-531-2600 | mentalhealthhelpline.ca

Middlesex-London Health Unit Sexual Health



The Sexual Health Team at the Middlesex-London Health Unit is committed to providing sexual health education and promoting healthy decisions. The Clinic provides a confidential and comfortable environment for discussing sexual health questions and concerns, and offers free testing and treatment, the morning after pill, pregnancy testing, and low cost birth control. They're dedicated to helping create a social culture where people are empowered to make healthy sexual choices. Call us!

519-663-5446 | healthunit.com/sexual-health

Mission Services of London



Mission Services of London is a local, non-profit social service agency serving London and area since 1951 with compassion and hope. Through five branches, we provide food, clothing, shelter, crisis assistance, addiction treatment, mental health programs and support services.

Our branches: Community Mental Health Programs (457 York St.), Men's Mission & Rehabilitation Centre (459 York St.), Mission Store (797 York St.), Quintin Warner House (477 Queens Ave.), Rotholme Women's & Family Shelter (42 Stanley St.).

519-433-2807 | missionservices.ca

Mood Disorders Association of Ontario (MDAO)



The Mood Disorders Association of Ontario runs peer support and recovery programs for individuals and families living with depression, anxiety or bipolar disorder to help them recover and heal. We provide a supportive toll-free telephone line, one on one peer support and counselling services. These services are available in-person or online through our secure online video conferencing.

Support Line: 1-866-363-6663 | moooddisorders.ca

My Sisters' Place



My Sisters' Place is a program of Canadian Mental Health Association (CMHA) Middlesex that provides wrap-around care for women facing homelessness and/or experiencing mental health issues or addictions. Any woman is welcome to share and connect with staff in a safe, supportive community drop-in centre or to join in any of the programs or activities offered on site in a women-only environment. A wide range of supports can be accessed immediately, including a hot healthy meal, emergency clothing and supplies, laundry facilities, harm reduction supplies and daybeds.

519-679-9570 | mysistersplace@cmhamiddlesex.ca | mysistersplacelondon.ca

N'Amerind Friendship Centre



The N'Amerind Friendship Centre positively impacts the London Urban Indigenous Community through the delivery of twenty programs. N'Amerind endeavors to provide service to all clientele who enter the doors. These programs range from providing support to expectant mothers, to offering post-natal support to young families, to supporting the elderly. Other N'Amerind programs focus upon helping youth and teenagers manage and deal with the challenges of life, employment and education counselling, healing and wellness, and addiction support for individuals. Cultural awareness, life skills, healthy eating, exercise, smoking cessation, a library, and a resource centre are offered as well. Various programs support individuals as they encounter external pressures, including the justice system.

519-672-0131 | namerind.on.ca

Ontario Disability Support Program



If you have a disability and need help with your living expenses, you may be eligible for the Ontario Disability Support Program (ODSP). ODSP offers:

- Financial assistance to help you and your family with essential living expenses
- Benefits for you and your family, including prescription drugs, dental services and vision care
- Help finding and keeping a job, and advancing your career

For information regarding eligibility criteria, please call the London ODSP office at 519-438-5111. If you require immediate financial assistance, please contact your local Ontario Works office (you can also still apply for ODSP).

1-888-789-4199 | mcss.gov.on.ca/en/mcss/programs/social/odsp

Ontario Problem Gambling Helpline



The Ontario Problem Gambling Helpline is a service operated by ConnexOntario Health Service Information that provides information about problem gambling services in Ontario. We are funded by the Government of Ontario. Our service is live answer 24/7, confidential, and free.

1-888-230-3505 | problemgamblinghelpline.ca

Ontario Works



Ontario Works helps people who are in financial need (including people in emergency or crisis situations, such as leaving an abusive relationship, losing their home, or worried about their safety). There are two parts to Ontario Works program:

- 1) Financial assistance, including:
 - Income support to help with the costs of basic needs, like food, shelter, and clothing
 - Health benefits for clients and their families
- 2) Employment assistance to help clients find, prepare for, and keep a job. This assistance may include:
 - Workshops on resume writing and interviewing
 - Job counselling
 - Job-specific training
 - Access to basic education, so participants can finish high school or improve their language skills

Unless there is a reason that a participant cannot participate in employment activities, a participant must agree to be actively involved in employment activities in order to receive financial assistance.

For more information please visit our website at www.london.ca.

mcss.gov.on.ca/en/mcss/programs/social/ow

Pregnancy Options Program/Abortion Clinic - London Health Sciences Centre



The Women's Health Care Program offers confidential pregnancy options, counselling, and abortion services in a safe, non-judgmental environment. Their experienced nurses are available to support and meet with women who are experiencing an unplanned pregnancy to realistically explore all of their alternatives: terminating the pregnancy through abortion, continuing the pregnancy to parent, or continuing the pregnancy to pursue adoption. Please visit the website for details.

519-685-8204 | lhsc.on.ca/Patients_Families_Visitors/Womens_Health/tap.htm



In a survey of 556 UK respondents, 70% reported that either they or a family member had experienced stigma as a result of mental illness.

TRUE. People experienced stigma within their own family (56%), from friends (52%), from their doctor (44%), from other health care professionals (32%) and at work (30%).

Reach Out



REACH OUT

Reach Out is a bilingual 24/7 information, support and crisis service for people with mental health or addiction's concerns living in Elgin, Oxford, Middlesex or London. It is a free public service, run by trusted local organizations, that quickly connects you with the help that you need. Helping you through your immediate crisis is the goal, but staff can also link you to information and other supports and services in your community.

Calling Reach Out also offers access to the Crisis Mobile Team which is available 24/7 to provide crisis support and stabilization where needed, face-to-face, in the community.

1-866-933-2023 | reachout247.ca (includes webchat function)

Regional HIV/AIDS Connection



Regional HIV/AIDS Connection serves the six counties of Perth, Huron, Lambton, Elgin, Middlesex, and Oxford. They provide:

- Practical support, counselling services, and programming to diverse populations of people living with and affected by issues related to HIV/AIDS and Hepatitis C
- Education about safer sex and ways to prevent the risk of HIV/STI transmission, stigma and discrimination with respect to living with HIV, testing for HIV and Hepatitis C, and issues related to telling people about (disclosing) your HIV status
- Needle and syringe program for injection drug users to reduce the transmission of HIV, Hepatitis C, and other blood-borne infections
- Strong relationships with people in our communities such as other community organizations, people interested in HIV/AIDS & Hep C information, and volunteers who help them meet their mission through fundraising

519-434-1601 | info@hivaidconnection.ca | hivaidconnection.ca

Regional Sexual Assault and Domestic Violence Treatment Centre

- St. Joseph's Hospital



The Regional Sexual Assault and Domestic Violence Treatment Centre team provides care at the time of the assault and in the months following the initial incident. The team is available 24 hours a day, 7 days a week.

They can help address your medical, emotional, and safety concerns in a caring and supportive environment.

The Regional Sexual Assault and Domestic Violence Treatment Centre provides care for women, children, and men experiencing sexual assault and/or domestic violence living in Oxford, Elgin, Huron-Perth, and Middlesex counties.

To access the program, phone 519-646-6100 ext.64224 (Mon - Fri, 8:00 a.m. - 4:00 p.m.) After hours, call 519-646-6100, press "0" and ask switchboard to page the nurse on-call for sexual assault and domestic violence.

519-646-6100 ext.64224 | After Hours: 519-646-6100, press "0" and ask switchboard to page the nurse on-call | sjhc.london.on.ca/sexualassault

The Salvation Army - Centre of Hope



Giving Hope Today

The Salvation Army - Centre of Hope is a Christian organization committed to breaking the cycle of poverty, homelessness, and addiction. They offer these services to anyone in need:

- Hostel Services — emergency shelter beds for youth, women and men
- Housing Stability Bank — limited grants and loans to Londoners with low income to obtain and retain housing.

This includes: assistance with rental areas; emergency utility assistance; last month's rent. Contact: 519-964-3663 / housing@centrefhope.ca

- Withdrawal Management — a safe and welcoming residential environment to assist men and women (aged 16+) in crisis with substance abuse
- Community and Family Services — food bank; baby assistance; work boots; Christmas hamper; chiropractor clinic; income tax clinic
- Spiritual Care — pastoral counselling for questions of purpose and meaning in life, support through emotional challenges, grief support, hospital and community visitation, relationship breakdown support, and referrals to professional services

519-661-0343 | centrefhope.ca

Southwest Ontario Aboriginal Health Access Centre (SOAHAC)



Southwest Ontario
Aboriginal Health
Access Centre

SOAHAC offers free, culturally safe health and wellness services to Aboriginal people (First Nations, Métis, Inuit) across Southwestern Ontario. All services are provided based on a holistic approach to wellness that addresses its physical, mental, emotional, and spiritual aspects.

Mental Health and Addictions Services include counselling, screening and assessment, some crisis intervention, referral, support services, groups, addictions support and referral, case management, social work, advocacy and follow-up, and the development and monitoring of individual wellness plans. All services are offered in a manner that is sensitive to Indigenous history and family life. There is an opportunity to learn culture-based strategies and teachings as well as referral to Traditional Healing Services with a Healer/Elder.

Other services include primary health care (doctor/nurse practitioner); diabetes education; Traditional Healing; child and youth mental health; traditional healthy lifestyles; supporting Aboriginal seniors at home; maternal/child health & nutrition services.

519-672-4079 | soahac.on.ca/service/london

Supportive Listening Line



The Support Line, operated by Canadian Mental Health Association Middlesex, provides confidential listening and support to individuals 16+ any time of day or night. Whether you are anxious, depressed, lonely, overwhelmed or just need to talk something through with someone, you will find a supportive and caring person at our end of the line.

1-866-797-0000 | ontario.ca/page/get-medical-advice-telehealth-ontario

Telehealth Ontario



Telehealth Ontario is a free, confidential service you can call to get health advice or information. A Registered Nurse will take your call 24 hours a day, 7 days a week.

1-866-797-0000 | ontario.ca/page/get-medical-advice-telehealth-ontario

London Hospitals:

- Victoria Hospital (Emergency and Mental Health/Psychiatry): 519-685-8500
- University Hospital (Emergency): 519-685-8500
- St. Joseph's Hospital (Urgent Care): 519-646-6100

*** In emergency situations, please call 9-1-1**

Unity Project



Unity Project offers a home-like emergency shelter for men, women and youth aged 18 and over. Residents participate in day-to-day shelter operation and are supported to manage their personal action plan for housing and stability. Unity Project operates everyday by the values of Respect, Cooperation, Interdependence, and Compassion—and by the principle of Housing First.

Programming and services include:

- Crisis Support
- Crash Beds
- Transitional Housing
- Housing Support
- Drop-in
- Emergency Shelter

Homelessness is a crisis that a person experiences. It does not define the person. Our job is to stabilize people in their moment of crisis and engage them in their own process toward stability, while utilizing all available community resources. Together we take care of ourselves, each other and our community.

519-433-8700 ext.0 | info@unityproject.ca | unityproject.ca

Wellspring Cancer Support Centre



Wellspring is a walk-in cancer support centre that provides a range of supportive care programs, at no cost, with the aim of meeting the psychological, social, emotional, informational, and spiritual needs of individuals and families affected by cancer.

519-438-7379 | wellspringlondon.ca



The disease burden of mental illness is 1.5 times higher than all cancers put together.

TRUE. This includes years lived with less than full function and years lost to early death.

ONLINE RESOURCES

Action Canada for Sexual Health and Rights



Have questions about sexual health? Know your rights? Explore the Action Canada for Sexual Health and Rights website to answer your questions and find information on anatomy, sexually transmitted and blood borne infections, pregnancy options, healthy sexuality and relationships, consent, gender expression and identity, and more.

Action Canada also provides a Canada-wide 24-hour Access line that provides information on reproductive and sexual health, and referrals on pregnancy options.

Access Line: 1-888-642-2725 | access@sexualhealthandrights.ca | sexualhealthandrights.ca

Canadian Association for Suicide Prevention (CASP)



The Canadian Association for Suicide Prevention (CASP) provides information and resources to reduce the suicide rate and minimize the harmful consequences of suicidal behaviour. For more information, visit our website. You can reach CASP by email, phone, or at P.O. Box 53082, RPO Rideau Centre, Ottawa, ON, K1N 3W0.

613-702-4446 | CASP@suicideprevention.ca | suicideprevention.ca

True or False?

Just 50% of Canadians would tell their friends or co-workers that they have a family member with mental illness.

TRUE - Just 50% of Canadians would tell friends or co-workers that they have a family member with a mental illness, compared to 72% who would discuss a diagnosis of cancer and 68% who would talk about a family member having diabetes. (Bell Let's Talk)

Canadian Centre for Occupational Health and Safety (CCOHS)



Canadian Centre for Occupational Health and Safety

The Canadian Centre for Occupational Health and Safety (CCOHS) promotes the total well-being—physical, psychosocial, and mental health—of workers in Canada by providing the information, education, and solutions needed to create healthy workplaces, and for workers to be safe on the job. CCOHS offers a free course that provides an introduction to the complex issue of mental health in the workplace, and explains why it is so important. You will learn the difference between mental well-being and mental illness, factors that put people at risk, the roles of early intervention, and promotion of mental well-being at work. CCOHS also has a web portal, Healthy Minds at Work, that provides resources for dealing with mental health issues in the workplace.

Free Course: ccohs.ca/products/courses/mh_awareness/ | Healthy Minds at Work: ccohs.ca/healthyminds

Centre for Addiction and Mental Health (CAMH) - Mental Health and Addiction 101 Online Tutorials



The Centre for Addiction and Mental Health (CAMH) is dedicated to providing online education in the areas of addiction and mental health. Online education at CAMH is designed to enhance learning opportunities for practitioners who provide services to people with addictions and mental health concerns, as well as for clients and their families. Our goal is to provide leadership in creating better understanding, prevention, and care.

CAMH's online learning environment offers content that is continually updated, industry accredited, and professionally engaging. The courses are accredited with universities, professional colleges, and associations within Canada. This ensures that they promote best practices that contribute to public and patient safety, and promote effective education outcomes.

camh.ca/en/education/Patients-Families-Public/public/mental_health_and_addiction_101_series/Pages/mental_health_and_addiction_101_series.aspx

Depression Hurts

Depression Hurts is an online resource available to help define depression, identify the symptoms of depression, identify activities to help manage depression, and assist with one's journey to improvement. It also provides resources for the friends and family of someone who is suffering from depression.

depressionhurts.ca

Government of Canada: Mental Health and Wellness

Learn about mental health and how to improve it to benefit you. Also get information on mental illness, its risk factors, symptoms, treatment and suicide prevention.

healthycanadians.gc.ca/healthy-living-vie-saine/mental-health-sante-mentale/index-eng.php

Jack.org

jack.org

1 in 5 people experience mental illness but 5 in 5 have mental health. That's why we're trying to change how people think about it. Join a national network of young leaders working to build safer and more supportive communities. Go online to get informed and get involved.

jack.org

Jed Foundation



JED is a nonprofit that exists to protect emotional health and prevent suicide for our nation's teens and young adults. JED equips teens and young adults with the skills and knowledge to help themselves and each other; partners with high schools and colleges to strengthen their mental health, substance abuse and suicide prevention programs and systems; and encourages community awareness, understanding and action for young adult mental health.

jedfoundation.org

mindyourmind.ca



mindyourmind exists in the space where mental health, wellness, engagement and technology meet. We work with young people aged 14-29 to co-create interactive tools and innovative resources to build capacity and resilience.

Visit the site to access information about mental health, tips for how to keep well and manage stress, learn how to support a friend through a tough time, read personal stories, watch interviews, and more including access to mobile and web-based apps. You can also connect with us on Facebook, Twitter, Youtube, Pinterest, and Instagram through our website.

mindyourmind.ca

Overeaters Anonymous

Overeaters Anonymous (OA) offers a program of recovery from compulsive overeating, binge eating and other eating disorders using the Twelve Steps and Twelve Traditions of OA. Worldwide meetings and other tools provide a fellowship of experience, strength and hope where members respect one another's anonymity. OA charges no dues or fees; it is self-supporting through member contributions.

OA is not just about weight loss, weight gain, maintenance, obesity or diets. It addresses physical, emotional and spiritual well-being. It is not a religious organization and does not promote any particular diet.

OA members differ in many ways, but we are united by our common disease and the solution we have found in the OA program. We practice unity with diversity, and we welcome everyone who wants to stop eating compulsively.

OA offers both virtual meetings and support groups in London, which you can find using the "Find a Meeting" tool on the website.

oa.org

Sex and U

SexandU.ca is the ultimate Canadian website committed to providing you accurate, credible and up-to-date information and education on sexual health. An initiative of the Society of Obstetricians and Gynaecologists of Canada, the site's mandate is to provide guidance and advice to help individuals develop and maintain a healthy sexuality.

SexandU.ca

Transition Resource Guide for Students with Disabilities



This guide has been created by the Regional Assessment and Resource Centre (RARC). RARC provides accurate and comprehensive assessments and follow-up services to post-secondary students with Learning Disabilities, ADHD, and ASD.

This guide is a way for students with disabilities to arm themselves with the knowledge they need to access resources at college and university and to make a successful transition from secondary to post-secondary school. The Resources section of the guide outlines important information about how students with disabilities are supported at post-secondary school. The Colleges and Universities sections provide detailed and specific information and available services at post-secondary schools in Ontario.

transitionresourceguide.ca

Free Online Self-Assessments

CANADIAN MENTAL HEALTH ASSOCIATION (CMHA)

Mental Health Meter	cmha.ca/mental_health/mental-health-meter
Stress Index	cmha.ca/mental_health/whats-your-stress-index
Substance Assessment	mps.cmha.ca/addictions/self-assessment
Gambling Assessment	mps.cmha.ca/addictions/self-assessment
Work/Life Balance Quiz	cmha.ca/mental_health/work-life-balance-quiz

CENTRE FOR ADDICTION AND MENTAL HEALTH (CAMH)

Check Your Drinking (CYD) Survey	camh.alcoholhelpcenter.net/cyd
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MOOD DISORDERS ASSOCIATION OF ONTARIO (MDAO)

Check Up from the Neck Up	mooddisorders.ca/sites/mooddisorders.ca/quiz2/checkup.php
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WORKPLACE STRATEGIES FOR MENTAL HEALTH

Well-Being Checklist	workplacestrategiesformentalhealth.com/wti/Section2Resource3Page.aspx
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People who experience mental illnesses can still work.

TRUE - Mental illnesses don't mean that someone is no longer capable of working. Some people benefit from changes at work to support their goals, but many people work with few supports from their employer (Canadian Mental Health Association).



"Mental health is key to our well-being. We can't be truly healthy without it. It involves how we feel, think, act, and interact with the world around us. Mental health is about realizing our potential, coping with the normal stresses of life, and making a contribution to our community. It may be more helpful to think of good mental health as thriving. Good mental health isn't about avoiding problems or trying to achieve a 'perfect' life; it's about living well and feeling capable despite challenges. Mental well-being is bigger than the presence or absence of a mental illness. People who live with a mental illness can and do thrive, just as people without a mental illness may experience poor mental health."

- Canadian Mental Health Association (CMHA)



*Making student life easier,
one conversation at a time.*

Drop into the
Peer Support Centre
University Community Centre Rm. 256
Monday to Friday, 10 a.m. - 4 p.m.*
Centre opens September 5

*Hours are subject to change during exam periods. For
more information, please visit:
westernusc.ca/peersupport/



Western



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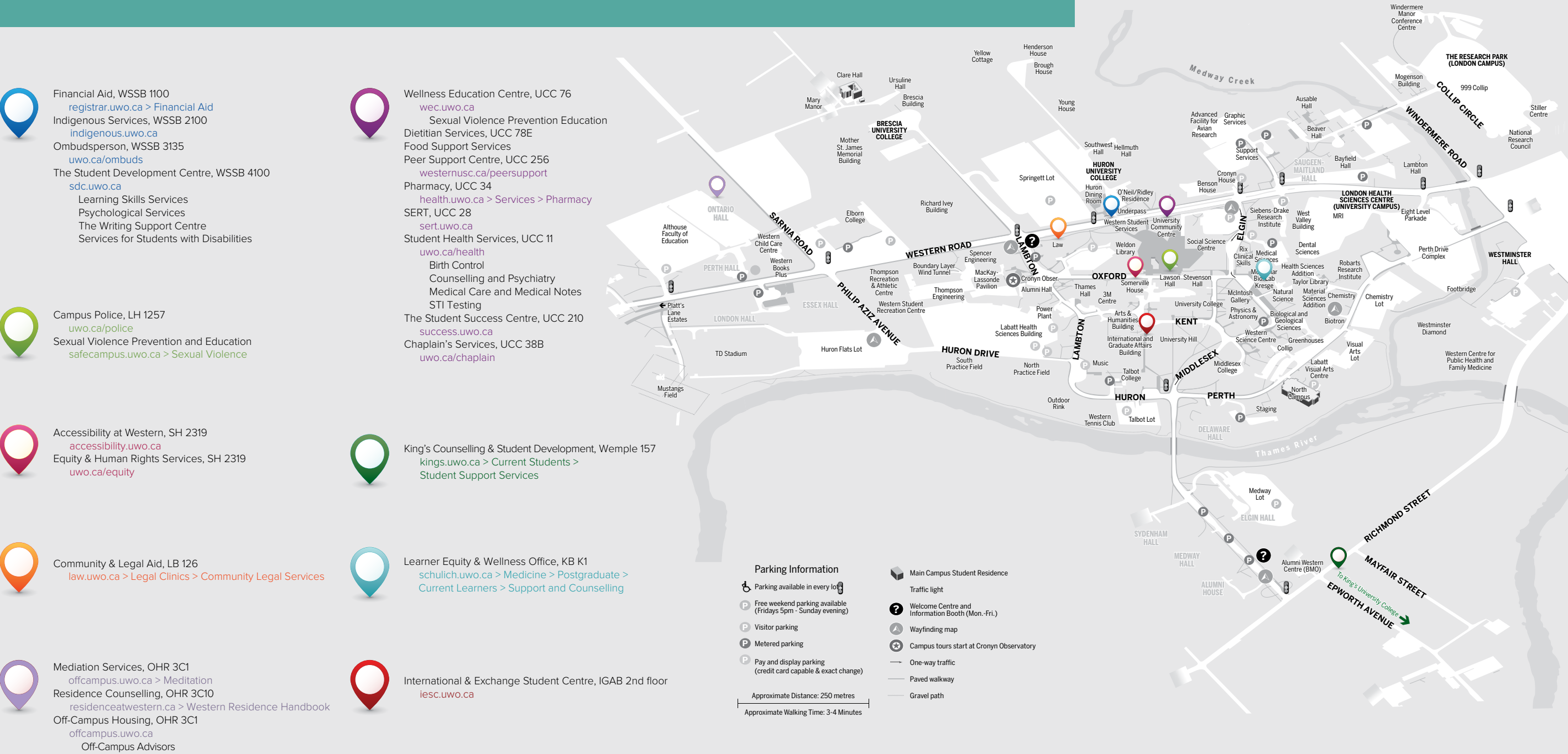
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24 Hour Crisis Services inside front cover

MENTAL HEALTH & WELLNESS MAP OF CAMPUS



HOW TO HELP A FRIEND

NOTICE

"I've noticed (...) and I'm concerned about you."
Be specific about the behaviour that worries you.
Express genuine concern.

ASK

"Is there anything I can do to help you?"
Initiate the conversation, then give them time and space to answer.

LISTEN

"I'm listening—you aren't alone."
Use active listening techniques.
Validate their feelings and let them know you are there for them.

REFER

"Would you like to see what's available?"
Open up this pamphlet for some ideas about where to start.

Want to learn more? Come visit us in UCC 76!

CONTACT US

LOCATION

University Community Centre
Room 76

HOURS

Monday-Friday
Fall/Winter: 10AM – 6PM
Spring/Summer: 10AM – 4PM

PHONE

(519) 661-2111 x87127

WEBSITE

wec.uwo.ca

FACEBOOK

facebook.com/WellnessWestern

TWITTER

twitter.com/WellnessWestern



WELLNESS EDUCATION CENTRE

WHAT IS THE WEC?

We provide ALL Western students—undergraduate, graduate, and professional students—with personalized assistance navigating mental health and other wellness resources in a welcoming, central location on campus.

No appointment needed—drop in during our hours of operation!

WHAT'S AT THE WEC?

- Sexual Violence Prevention Education Coordinator
- Western Dietitian Services (Independent Consultant)
- Wellness Resources and Education Tools
- Wellness Initiatives and Events
- Connections to Crisis Support
- A place to take a breather during your day