

Mental Health Resources at Western

Mental Health Support:

Appointments can be made by phone (519-661-3030) or at <https://www.uwo.ca/health/psych/index.html>

Student Support and Case Management:

https://www.uwo.ca/health/student_support/index.htm

International Student Wellness Services

https://iwellness.uwo.ca/emotional_wellness/index.html

<https://www.londoninternationalstudents.com/>

LGBTTIQQ2SA+ Supports

<https://www.uwo.ca/health/psych/LGBTTIQQ2SA+.html>

24/7 Free Crisis Support Phonenumber

- Good2Talk (age 17-25) toll free # 18669255454
- Kids Help Phone (age 5-20) 18006686868
- Reach Out (crisis response): (519) 433-2023 or 1 (866) 933-2023
- Anova 24 Hour Crisis and Support Line: (519) 642-3000 or 1 (800) 265-1576
- Anova 24 hour support line for sex trade workers: (519) 439-0844
- ConnexOntario (Addiction, Mental Health, Problem Gambling): 1 (866) 531-2600
- St. Joseph's Sexual Assault and Domestic Violence Centre: 519) 646-6100 ext. 642
- LGBT Youthline: 1 (800) 268-9688

Crisis Services: <https://www.uwo.ca/health/crisis.html>

Mental Health Resources In London

Canadian Mental Health Association Crisis Counselling:

<https://cmhamiddlesex.ca/branches/queens-avenue-site-administration/>

Email studentcrisisappointment@cmhamiddlesex.ca to schedule a same-day appointment (5:00-9:00 PM).

Online Canadian Mental Health Resources

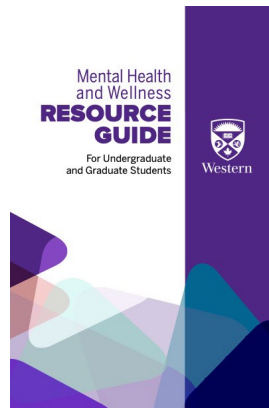
Anxiety Canada (online self-help resources:

<https://www.anxietycanada.com/>

Togetherall (online peer-to-peer mental health support:

<https://togetherall.com/en-ca/>

[Download Western's Resource Guide](#)



Wellness Resource Guide for Students

Mental Health and Wellness **RESOURCE GUIDE**

For Undergraduate
and Graduate Students



Health Supports

Take Care Resources – Western Campus

Psychological services, WSSB rm 4100, sdc.uwo.ca/psych, 519-661-3031, Monday to Friday 8:30 am to 4 PM

Wellness Education Centre, UCC rm 76, wec.uwo.ca, 519-661-2111 ext 87127, Monday to Friday 10 am to 6 pm

Peer Support Centre, UCC rm 256, westernusc.ca/peersupport, Monday to Friday 10 am to 4 pm

Student Health Services, UCC rm 11, www.shs.uwo.ca, Monday to Thursday 9 am to 7 pm, Friday 9 am to 4:40 pm, some Saturdays.

Foot Patrol- A volunteer driven service that provides safe escorts on campus. Daytime hours are M-F 12-4pm, evening hours M-Th 8pm-12am. Students can call 519-661-3650 or use the Foot Patrol App.

After Hours Support Off Campus Resources

Good2Talk, 24/7 phone support, 1-866-925-5454

First Nations and Inuit Hope for Wellness Help Line, 1-855-242-3310

MentalHealthHelpline.ca 1-866-531-2600

DrugandAlcoholHelpline.ca 1-800-565-8603

ProblemGamblingHelpline.ca 1-800-230-3505

LGBT Youthline 1-800-268-9688

ReachOut247.ca 519-433-2023 or 1-866-933-2023

Or visit in person at CMHA Walk-in 24/7 at 648 Huron St

Sexual Violence Counselling

ANOVA - Crisis Support line - 519-642-3000 website: <https://www.anovafuture.org/support/sexual-violence-counselling/>

Assaulted Women's Helpline Contact 1-866-863-0511

St. Joseph's Sexual Assault and Domestic Violence Centre- Provides 24/7 care to people of any age/gender experiencing sexual assault or domestic violence. Contact 519-646-6100 ext. 64224 (press "0" if after 4 PM for after hours help)