Where students can get help

**Prevention**
- Wellness Education Centre
- Laura Evans Lecture Series
- Student Success Centre
- Campus Recreation
- Learning Skills Services
- Writing Support Centre

**Concern**
- Counselling (SHS, SDC, Residence)
- The Peer Support Centre
- Stress Management
- Wellness Education Centre
- Faculty/department support, including academic counselling
- Good2Talk (24/7) 1(866) 925-5454
- The Support Line (24/7) (519) 601-8055 or 1(844) 360-8055

**Crisis**
**Mon-Fri 9:00am-4:00pm**
Go in person or call:
- Student Health Services (519) 661-3030
  UCC Room 11
- Student Development Centre (519) 661-3031
  WSSB 4th Floor
- Campus Police 911
- Reach Out (crisis service) (519) 433-2023
- First Nations and Inuit Hope for Wellness Help Line: 1(855) 242-3310