Where students can get help on campus

**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
- **24/7 call:**
  - Reach Out (crisis service) (519) 433-2023
  - First Nations and Inuit Hope for Wellness Help Line: 1(855) 242-3310
Where students can get help off campus

**Prevention**

- Wellness Education Centre
- Student Success Centre
- Learning Skills Services
- Writing Support Centre
- FSTV Quick Access Mental Health Walk-In Clinic
- Cornerstone Counselling
- Wellness Education Centre
- Faculty/department support
- Good2Talk (24/7) 1(866) 925-5454
- The Support Line (24/7) (519) 601-8055 or 1(844) 360-8055

**Concern**

- FSTV Quick Access Mental Health Walk-In Clinic
- Cornerstone Counselling
- Wellness Education Centre
- Faculty/department support
- Good2Talk (24/7) 1(866) 925-5454
- The Support Line (24/7) (519) 601-8055 or 1(844) 360-8055

**Crisis**

- 911
- Reach Out
  - Call or web chat at reachout247.ca (519) 433-2023 or 1(866) 933-2023
- Mental Health and Addictions Crisis Centre
  - Walk in 24/7 to receive immediate crisis assessment, intervention, stabilization and links to community resources.
- First Nations and Inuit Hope for Wellness Help Line: 1(855) 242-3310