

Where can I get help as a Western student?

PREVENTION: Practice wellness daily	CONCERN: When you notice a change	CRISIS: When you feel out of options
<i>Personal wellness practices:</i> Eat. Sleep. Exercise. Connect	Counselling: SHS , SDC , Residence	24/7 call:
Wellness Education Centre	The Peer Support Centre	Call 911
Laura Evans Lecture Series	Stress Management	Reach Out (crisis service) (519) 433-2023
Student Success Centre	Wellness Education Centre	First Nations and Inuit Hope for Wellness Help Line: 1(855) 242-3310
Campus Recreation	Faculty or department support, including academic counselling	During business hours:
Learning Skills Services	Good2Talk (Open 24/7) 1(866) 925-5454	Student Health Services (519) 661-3030 UCC Room 11
Writing Support Centre	The Support Line (Open 24/7) (519) 601-8055	Psychological Services Go to WSSB 4th Floor

Where can I get help off campus?

PREVENTION: Practice wellness daily	CONCERN: When you notice a change	CRISIS: When you feel out of options
<u>Personal wellness practices:</u>	<u>FSTV Quick Access Mental Health Walk-In Clinic</u>	Available 24/7:
Exercise <ul style="list-style-type: none"> Canadian Physical Activity Guidelines Darebee 	Tuesday 1-6pm at 125 Woodward Avenue <ul style="list-style-type: none"> Single session length is 50 minutes for individuals 	Call 911 <u>Reach Out</u> (crisis service) <ul style="list-style-type: none"> Call (519) 433-2023 or webchat at reachout247.ca
Connect <ul style="list-style-type: none"> With people and orgs that match your personal and professional interests 	<u>Cornerstone Counselling</u> <ul style="list-style-type: none"> Up to age 25 Scheduled appointments daily, walk in Tues & Thurs 5-7:45pm 332 Richmond Street 	Walk in to the <u>Mental Health and Addictions Crisis Centre</u> : 648 Huron Street
Eat <ul style="list-style-type: none"> EatRight Ontario: call 1(877) 510-5102, email, or browse 	<u>MentalHealthHelpline.ca</u> <ul style="list-style-type: none"> Connect to resources in your area 24/7 1(866) 531-2600 	<u>Good2Talk</u> <ul style="list-style-type: none"> Confidential professional counselling and referrals 1(866) 925-5454
Sleep <ul style="list-style-type: none"> Sleep Hygiene Twelve Simple Tips to Improve Your Sleep 	<u>The Support Line</u> (24/7) (519) 601-8055 <u>Stress Management</u>	First Nations and Inuit Hope for Wellness Help Line: 1(855) 242-3310

When should I reach out for help?

I used to...	...But now	Help is urgently needed when
Be socially and physically active...	I find myself reaching for more unhealthy coping strategies to keep up with my activities.	I feel isolated, even when I'm with the people closest to me.
Have normal mood fluctuations – I coped well and took things in stride...	More often than not, I feel stressed, worried, nervous, angry, tearful, or sad.	I feel a high level of anxiety, panic, or deep sadness every day.
Be productive and consistent in my performance...	My academic or work performance has decreased. I'm procrastinating or forgetting things.	I can't seem to make good decisions in key areas of my life.
Be energetic...	I'm irritable, impatient, panicked, restless, or fatigued.	I constantly feel exhausted – some days I can't get out of bed.
Sleep well...	I have difficulty relaxing, or my mind is preoccupied by intrusive thoughts.	My thinking and emotions feel out of control.
Be confident in myself and comfortable with others...	It's getting difficult to socialize. I find myself cancelling plans and leaving texts unanswered.	I'm not acting like myself – my important relationships are strained and stressful.
Find meaning and success in life...	I'm starting to feel worthless.	I feel overwhelmed by it all. I've thought about suicide.