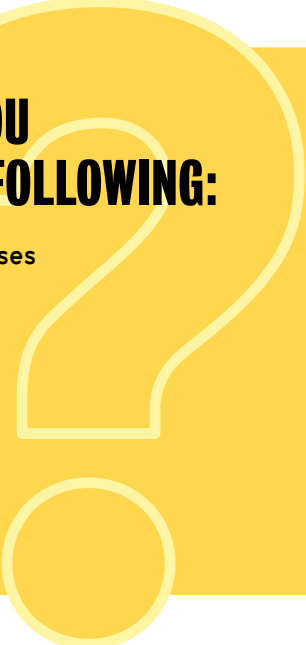


DO YOU NEED HELP?

EXPLORE YOUR OPTIONS

HOW CAN YOU TELL? ARE YOU EXPERIENCING ANY OF THE FOLLOWING:

- > A sudden disinterest in or absence from classes
- > Patterns of perfectionism
- > Excessive fatigue
- > Self-harm behaviours
- > Unusual inability to make eye contact
- > Difficulty controlling emotions
- > Sudden social withdrawal
- > Feelings of hopelessness
- > Excessive use of alcohol



NO

Remember to keep up your self-care habits throughout the term to strengthen your resiliency.

HURRAY!

YES

IS YOUR CONCERN URGENT? DO YOU FEEL LIKE YOU ARE IN CRISIS?

(Crisis could include suicidal thoughts or plans, or feeling like you might harm yourself or someone else)

I NEED TO TALK TO SOMEONE RIGHT NOW

YES

EMERGENCY CONTACTS

If you are concerned for your safety, call UW Police at ext. 22222, call 911, or visit the emergency room.

Go to Counselling Services in Needles Hall Addition, 2nd floor anytime between 8:30 a.m. and 4:30 p.m. and meet with an intake specialist to develop a wellness plan.

If it is after hours and you'd like to talk it out, speak to someone at one of the helplines: Here 24/7 (1-844-437-3247) or Good2Talk (1-866-925-5454).

NO

ARE YOU FEELING OVERWHELMED DUE TO ACADEMIC STRESS?

YES

WHAT ARE MY OPTIONS?

ACADEMIC SUPPORT

UNDERGRADUATE ADVISORS

You can contact your undergraduate advisor for academic information and graduation requirements.

uwaterloo.ca/registrar/current-students/advisors

STUDENT SUCCESS OFFICE

Provides a variety of services that will help guide you to the right resources and opportunities for a successful university career. These services include workshops, success coaching, online resources, peer mentorship, and tutoring programs.

uwaterloo.ca/student-success

ACCESSABILITY SERVICES

Provides academic support for University of Waterloo students who have either permanent or temporary disabilities. AccessAbility supports full-time, part-time, graduate and undergraduate students as well as students completing a degree through the Centre for Extended Learning.

uwaterloo.ca/accessability-services

THAT'S NOT THE MAIN ISSUE

NO

WOULD YOU LIKE TO TALK TO SOMEONE ONE-ON-ONE IN PERSON?

YES

NO

WORKSHOPS AND SEMINARS

Attend one of our Coping Skills seminars or a Counselling Services workshop to learn more about how to manage feelings of anxiety and stress. You can also view them online.

uwaterloo.ca/campus-wellness/counselling-services

I NEED TO TALK TO SOMEONE IN PERSON

YES

WOULD YOU LIKE TO TALK TO A PEER?

PEER SUPPORT

YOUR DON

Your residence Don has completed training in helping students with their concerns and can help refer you to other campus resources.

UW MATES

Call ahead or drop in to Needles Hall Addition, 2nd floor Counselling Services office between 8:30 a.m. and 4:30 p.m. to see one of our trained peer support volunteers.

YES

NO

ON CAMPUS HELP

COUNSELLING SERVICES

Attend a Counselling intake appointment with one of our Intake Specialists Monday to Friday 8:30 a.m. to 4:30 p.m. to develop a wellness plan or book individual counselling appointments.

uwaterloo.ca/campus-wellness/counselling-services

HEALTH SERVICES

Health Services doctors can advise on mental health concerns. Book an appointment by dropping in or calling 519-888-4096.

uwaterloo.ca/campus-wellness/health-services

CENTRE FOR MENTAL HEALTH RESEARCH

Offers accessible, effective, mental health services for people of all ages in the Region of Waterloo. Call 519-888-4567 ext. 33842 for more information.

uwaterloo.ca/mental-health-research

UW CHAPLAINS

The UW chaplains represent eleven different faith traditions, and they strive to be a dynamic presence on campus, providing support to students, faculty, staff and the community.

uwaterloo.ca/chaplains

OFF CAMPUS HELP

Grand River Hospital > 519-749-4300

St. Mary's Hospital > 519-744-3311

KW Counselling Services > 519-884-0000

Offers walk-in hours Thursdays 12:00 p.m. to 6:00 p.m.

Carizon Counselling > 519-743-6333

Offers walk-in hours Tuesdays 12:00 p.m. to 6:00 p.m.

Delton Glebe Counselling Centre > 519-884-3305

Offers not-for-profit, multi-faith-based counselling.