DO YOU NEED HELP?

EXPLORE YOUR OPTIONS

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

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

IF IT IS AFTER HOURS AND YOU'D LIKE TO TALK IT OUT, SPEAK TO SOMEONE AT ONE OF THE HELPLINES:

- @UWaterlooWellness
- uwaterloo.ca/campus-wellness
- uwaterloo.ca/counselling-services
- uwaterloo.ca/campus-wellness/health-services
- uwaterloo.ca/campus-wellness/counselling-services
- uwaterloo.ca/campus-wellness/accessability-services
- uwaterloo.ca/student-success

WHAT ARE YOUR OPTIONS?

ACADEMIC SUPPORT

- UNDERGRADUATE ADVISORS
  - You can contact your undergraduate advisor for academic information and graduation requirements.
  - uwaterloo.ca/ugrad/advising/undergraduate-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.
  - uwaterloo.ca/student-success

ACCOMMODATION SERVICES

- Provides academic support for University of Waterloo students who have either permanent or temporary disability.
  - uwaterloo.ca/accessability-services

ON CAMPUS HELP

- COUNSELLING SERVICES
  - Attends Counselling intake appointment with an Intake Specialist.
  - Monday to Friday 9:00 a.m. to 4:30 p.m.
  - uwaterloo.ca/counselling-services

- HEALTH SERVICES
  - Health Services can advise on mental health concerns.
  - Book an appointment by dropping in or calling 519-886-9096.

- CENTRE FOR MENTAL HEALTH RESEARCH AND TREATMENT
  - Offers walk-in hours Tuesdays
  - uwaterloo.ca/mental-health-research

- UW CHAPLAINS
  - The 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

- CRISIS VIOLENCE RESPONSE CO-ORDINATOR
  - The SVRC is a central resource person for members of the University Community who have experienced, or been impacted by, sexual violence.
  - Call 519-888-4567, ext. 46869.

OFF CAMPUS HELP

- WORKSHOPS AND SEMINARS
  - Study abroad, or exploring different helplines or a Counselling Services workshop to learn more about how to manage feelings of anxiety and distress. You can also view them online.
  - uwaterloo.ca/health-wellness/counselling-services

- COUNSELLING SERVICES
  - Grand River Hospice
  - 519-743-6333
  - St. Mary's Hospital
  - 519-744-3311
  - KW Counselling Services
  - 519-884-0000
  - Delton Glebe Counselling Centre
  - 519-743-6333
  - Carizon Counselling
  - 519-884-3305
  - Grand River Hospital
  - 519-749-4300
  - Shalom Counselling
  - 519-886-9690

DO YOU FEEL YOUR CONCERN IS MOSTLY ACADEMIC RELATED?

I’M NOT IN CRISIS BUT I’D LIKE TO TALK IT OUT

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
- Call 519-888-4567, ext. 46869.
- For a broader range of concerns, with sliding scale fees.
- uwaterloo.ca/campus-wellness

HURRAY!

- You have successfully completed a step in the process.
- uwaterloo.ca/campus-wellness

WHERE WOULD YOU LIKE TO TALK TO SOMEONE?

WOULD YOU LIKE TO TALK TO A PEER?

PEER SUPPORT

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

- UW Mates
  - MATES is a one-to-one peer support program offered by the Federation of Students (FEDs), which is available to students who are experiencing overwhelming academic, social, transitional challenges leading to university life or different cultures.
  - uwaterloo.ca/feds-services/uw-mates
  - uvic.ca/0098

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

WHAT CAN I DO NOW?

- Attend a Counselling intake appointment with one of our Intake Specialists.
- Book an appointment by dropping in or calling 519-886-9096.
  - 519-888-4096

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- Attend one of our Coping Skills seminars or a Counselling Services workshop to learn more about how to manage feelings of anxiety and distress. You can also view them online.
  - uwaterloo.ca/health-wellness/counselling-services

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