



**UNIVERSITY
OF WATERLOO**
**MENTAL HEALTH
RESOURCES**

UNIVERSITY OF
WATERLOO



COUNSELLING SERVICES

Counselling Services is a team of professionals that provides programming and services to help students lead a healthy and balanced life. We strive to provide a secure, supportive environment for students of all orientations and backgrounds.

Students can visit us in our offices at Needles Hall North on the second floor or call 519-888-4567 ext. 32655.

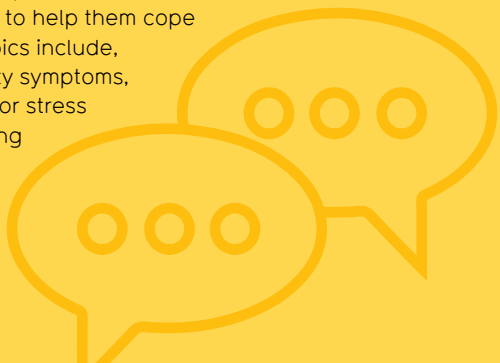
INDIVIDUAL APPOINTMENTS

Counselling Services individual appointments are available at no charge to registered University of Waterloo students whether they are in a study term or on a co-op term. The first step to making an appointment is to come to our office in Needles Hall North and have an intake appointment.

NOTE: If a student is in immediate danger of self-harm, harming others, or another crisis that requires rapid attention, they will be scheduled with an emergency or urgent appointment.

WORKSHOPS AND SEMINARS

Our seminars and workshops offer students an opportunity to learn skills to help them cope with life's challenges. Topics include, calming panic and anxiety symptoms, developing coping skills for stress management, and learning mindfulness strategies.





HEALTH SERVICES

Health Services doctors and nurse practitioners provide primary mental health care in our Health Services clinics. Students can book an appointment by calling 519-888-4096 or visiting us in the Health Services building.

OTHER SERVICES AVAILABLE:

- > With a referral from a physician, students can schedule an appointment with a psychiatrist in the mental health office.
- > Our mental health nurse is also located in Health Services and can help with transitions to and from hospital and individual safety checks by phone.
- > Primary medical care for physical health concerns. Both booked and walk-in appointments are available.
- > Verification of Illness certificates.
- > Immunizations and allergy injections.
- > Sexually transmitted infection testing.
- > Pregnancy and birth control counselling, including a birth control dispensary.

OTHER ON-CAMPUS RESOURCES

These are just a few of the many resources on campus that support our students. For a more comprehensive listing of available supports, please visit:

uwaterloo.ca/campus-wellness/services

ACCESSABILITY SERVICES

AccessAbility Services provides academic support for University of Waterloo students who have both permanent and temporary disabilities. AccessAbility services supports full-time, part-time, graduate and undergraduate students as well as students completing a degree through the Centre for Extended Learning. 519-888-4567, ext. 35082

uwaterloo.ca/accessability-services

FEDS SERVICES

The Federation of Students provides a number of services and peer mentoring opportunities including MATES, the Glow Centre, Co-op Connections, and International and Canadian Students Network.

feds.ca/feds-services

CAMPUS 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

CMHRT

Centre for Mental Health Research and Treatment (CMHRT) offers accessible, effective mental health services for people of all ages in the Region of Waterloo. CMHRT is also a research facility focusing on the development, persistence and treatment of mental health problems. 519-888-4567, ext. 33842

uwaterloo.ca/mental-health-research

POLICE SERVICES

Police Services provides a safe and secure environment in which to work, study and live. Contact Police Services for emergency services on campus. 519-888-4567, ext. 22222

uwaterloo.ca/police

STUDENT SUCCESS OFFICE

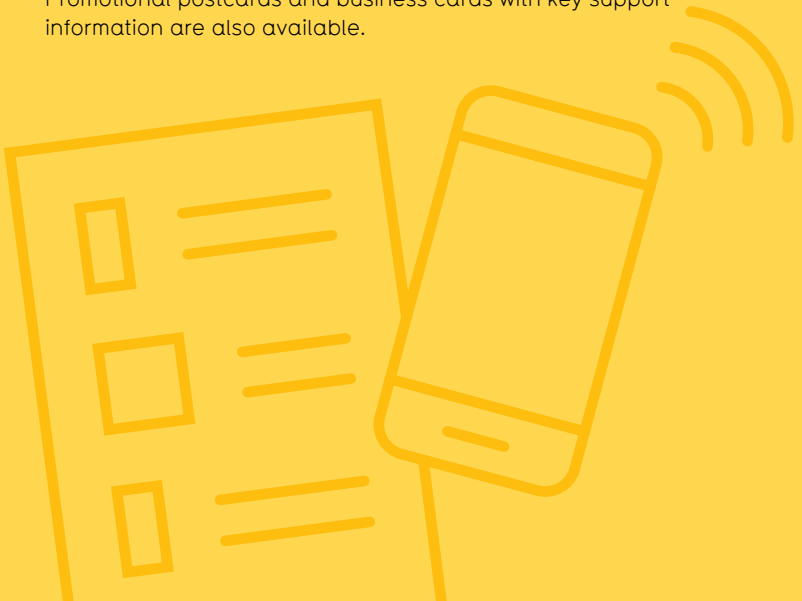
The Student Success Office provides a variety of services including study skills workshops, peer success coaching, and international student resources. 519-888-4567, ext. 84410

uwaterloo.ca/student-success

ONLINE AND PRINT RESOURCES

The Campus Wellness website offers a variety of information and resources including online seminars such as Stress Management, International Students and Mental Health, Coping Skills, Calming the Panic, and many more.

Faculty and staff can contact Campus Wellness to request copies of our Do You Need Help poster, which provides a decision tree and list of resources for different scenarios. Promotional postcards and business cards with key support information are also available.



UNIVERSITY OF WATERLOO CAMPUS WELLNESS

CONTACT US

Find us in the Health Services Building
and Needles Hall North.

Contact Counselling Services
519-888-4567, ext. 32655
counselling@uwaterloo.ca

Contact Health Services
519-888-4096

 Facebook: @UWaterlooWellness

 Twitter: @UW_Wellness

 Instagram: @UWaterlooWellness

View more information online at

uwaterloo.ca/campus-wellness



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