DO YOU NEED HELP WITH YOUR MENTAL HEALTH?

HOW CAN YOU TELL?

ARE YOU EXPERIENCING ANY OF THE FOLLOWING:

- A sudden disinterest in or absence from classes
- Patterns of perfectionism
- Excessive fatigue
- Excessive use of alcohol
- Self-harm behaviours
- Difficulty controlling emotions
- Sudden social withdrawal
- Feelings of hopelessness

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

ACCESSIBILITY SERVICES

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

uwaterloo.ca/accessibility-services

SMILES PEER SUPPORT SERVICES

WUSA offers peer support and mentoring programs through MATES, Glow, RAISE, and the Women’s Centre.

wusa.ca/services

YOUR DON

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

uwaterloo.ca/campus-wellness

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 Nephews Hall or Health Services anytime between 8:30 a.m. and 6:30 p.m. to talk to a professional.

If it is after hours and you’d like to talk it out, speak to someone at one of the helplines.

Here 24/7 (1-844-437-3242)

Good2Talk (1-866-925-5454)

EmpowerMe (1-888-701-6388)

SO GLAD TO HEAR IT!

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

Self-care includes: getting adequate sleep, eating healthy, doing a little bit of exercise every day, and taking time to do the things you enjoy.

NO

DO YOU FEEL LIKE YOU ARE IN CRISIS?

YES

IS YOUR CONCERN URGENT?

NO

WHAT ARE MY OPTIONS?

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NO

WOULD YOU LIKE TO TALK TO SOMEONE?

A PEER

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 create individual counselling appointments.

Call 519-888-4051, ext. 33842.

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 AND TREATMENT

Offers accessible, effective mental health services for people of all ages in the Region of Waterloo.

Call 519-888-4051, ext. 33842 for more information.

uwaterloo.ca/mental-health-research

OFF CAMPUS HELP

COUNSELLING SERVICES

Grand River Hospital

519-749-4300

Here 24/7 (1-844-437-3242)

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

Shalom Counselling

519-886-9690

Provides counselling services for a broad range of concerns, with sliding scale fees.

uwaterloo.ca/campus-wellness

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