Campus Wellness is here to help all students at the University of Waterloo. We provide primary medical care, mental health services, and health promotion using an inclusive, connected, and collaborative approach.
What We Offer

Our offices at Campus Wellness are here to support you and your wellness at University of Waterloo. Our services include:

- Birth control dispensary
- Crisis intervention
- Emergency contraception, pregnancy tests
- Family care at the Family Health Clinic
- Group therapy
- Health education and promotion
- Immunizations and allergy injections
- Mental health care and counselling
- Nutrition services and counselling
- Personal development workshops and seminars
- Primary medical care
- Sexually Transmitted Infection (STI) testing
- Travel medicine

After-Hours Contacts

Good2Talk: 1-866-925-5454
Here 24/7: 1-844-437-3247
Grand River Hospital: 519-742-3611

Contact Us

Counselling Services:
519-888-4567 ext. 32655
Located in Needles Hall North on the second floor.

Health Services:
519-888-4096
Located in the Health Services building across from the Student Life Centre.

Health Promotion:
Pick up Health Education resources in the Health Services building in room 2201.

Find more information online
Facebook: @UWaterlooWellness
Instagram: @UWaterlooWellness
Twitter: @UW_Wellness

uwaterloo.ca/campus-wellness