DO YOU NEED HELP WITH YOUR MENTAL HEALTH?

EXPLORE YOUR OPTIONS

DO YOU FEEL LIKE YOU ARE IN CRISIS?

YES

NO

IS YOUR CONCERN URGENT?

YES

NO

I’M NOT IN CRISIS BUT I’D LIKE TO TALK TO SOMEONE

YES

NO

WOULD YOU LIKE TO TALK TO SOMEONE?

A PEER

ON CAMPUS HELP

OFF CAMPUS HELP

EMERGENCY CONTACTS

If you feel like you are in crisis, call UW Special Constable Service at ext. 22222, call 911, or visit the emergency room.

Campus Wellness provides support for your mental health concerns. Call 519–888–4096 Monday to Friday 8:30 a.m. to 4:30 p.m. to talk to a professional. It is after hours and you’d like to talk it out, speak to someone at one of the helplines:

Here 24/7 (1-866-676-6611)
GoodTalk (1-888-925-5454)
Empower Me (1-833-320-1599)

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 you pursue the right resources and opportunities for a successful university career.

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

PEER SUPPORT

WUSA PEER SUPPORT SERVICES
WUSA offers peer support and mentoring programs through WAIN, Glow, RAISE, and the Women’s Centre.

uwaterloo.ca/peersupport/student-services/

YOUR EON
Your Residence Life has completed training in helping students with their concerns and can help refer you to other campus resources.

ON CAMPUS HELP

Campus Wellness provides support for your mental health concerns. Counsellors, physicians, and nurse practitioners are available to help you develop a wellness plan and get back on track to feeling your best.

Campus Wellness > 519-888-4096

Centre for Mental Health Research and Treatment
Offers accessible, effective mental health services for people of all ages in the Region of Waterloo. Call 519-884-3307, ext. 33842 for more information.

uwaterloo.ca/centre-mental-health-research

CENTRE FOR MENTAL HEALTH RESEARCH AND TREATMENT
Offers accessible, effective mental health services for people of all ages in the Region of Waterloo. Call 519-884-3307, ext. 33842 for more information.

uwaterloo.ca/centre-mental-health-research

ON CAMPUS HELP

SEXUAL VIOLENCE RESPONSE CO-ORDINATOR
The SVC is a central resource person for members of the University Community who have experienced, or been impacted by sexual violence.

uwaterloo.ca/sexualviolence

SHAMEN COUNSELLING
Provides counseling services for a broad range of concerns, with sliding scale fees.

uwaterloo.ca/shamen-counselling

ON CAMPUS HELP

OFF CAMPUS HELP

Grand River Hospital > 519-749-4300
Here 24/7 > 1-844-437-3247

Camino Wellbeing + Mental Health > 519-743-6333
Thursdays 12:00 p.m. to 6:00 p.m.

Empower Me > 1-833-628-5589
Provides access to qualified counsellors 24/7 including phone and video counseling.

Delton Glebe Counselling Centre > 519-884-3305
Offers 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.

IS YOUR CONCERN URGENT?

DO YOU FEEL YOUR CONCERN IS MOSTLY ACADEMIC RELATED?

YES

NO

WHAT CAN I DO NEXT?

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OFF CAMPUS HELP

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
Difficulties controlling emotions
Sudden social withdrawal
Feelings of hopelessness

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.

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