

# DO YOU NEED HELP WITH YOUR MENTAL HEALTH?

EXPLORE YOUR OPTIONS

## 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

## 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.

DO YOU FEEL LIKE YOU ARE IN CRISIS?

YES

NO

YES

NO

DO YOU FEEL YOUR CONCERN IS MOSTLY ACADEMIC RELATED?

IS YOUR CONCERN URGENT?

YES

NO

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

YES

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](http://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](http://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](http://uwaterloo.ca/accessability-services)

### EMERGENCY CONTACTS

If you are concerned for your safety, 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.

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

Here 24/7: 1-844-437-3247

Good2Talk: 1-866-925-5454

Empower Me: create an account on the Dialogue mobile app or on the web at [studentcare.ca/dialogue](http://studentcare.ca/dialogue)

WOULD YOU LIKE TO TALK TO SOMEONE?

A PEER

ON CAMPUS HELP

OFF CAMPUS HELP

### PEER SUPPORT

#### WUSA PEER SUPPORT SERVICES

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

[wusa.ca/services/student-run-services/](http://wusa.ca/services/student-run-services/)

#### YOUR DON

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

### ON CAMPUS HELP

#### CAMPUS WELLNESS

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.

Call 519-888-4096 Monday to Friday 8:30 a.m. to 4:30 p.m. to book an appointment with an intake specialist for counselling, or to see one of our medical practitioners.

[uwaterloo.ca/campus-wellness](http://uwaterloo.ca/campus-wellness)

#### CENTRE FOR MENTAL HEALTH RESEARCH AND TREATMENT

Offers accessible, effective, mental health services for people of all ages in the Region of Waterloo. Call 519-888-4567, ext. 33842 for more information.

[uwaterloo.ca/mental-health-research](http://uwaterloo.ca/mental-health-research)

#### UW 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](http://uwaterloo.ca/chaplains)

#### SEXUAL 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

Grand River Hospital: 519-749-4300

Here 24/7: 1-844-437-3247

#### Camino Wellbeing + Mental Health:

519-743-6333 Offers walk-in hours Thursdays 12:00 p.m. to 6:00 p.m.

Empower Me: to access create an account on the Dialogue mobile app or on the web at [www.studentcare.ca/dialogue](http://www.studentcare.ca/dialogue). Provides virtual access to qualified counsellors 24/7, 365 days a year.

#### 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.



[uwaterloo.ca/campus-wellness/mental-health-support](http://uwaterloo.ca/campus-wellness/mental-health-support)

@uwaterloolife



UNIVERSITY OF WATERLOO