

RESOURCE LIST - ALPHABETICAL

Centre for Academic Policy Support (CAPS- WUSA) (email)

- Petition
- Grievance
- Appeal
- <https://wusa.ca/services/centre-academic-policy-support-caps>

Community Supports List (call or email)

- Resource list
- <https://drive.google.com/file/d/1kI0t-vJ2FCE95LWva0HTf7p8kavDmk-h/view?usp=sharing>
 - Here 24/7 on hold for 45 min (more like an intake appointment)
 - Crisis Service Canada and Torchlight for urgent calls

Co-Op Connection - WUSA (email)

- Connecting students on their co-op work term
- <https://wusa.ca/services/co-op-connection>

Crisis Lines (call)

- <https://uwaterloo.ca/employee-assistance-program/urgent-help>

Delton Glebe Counselling (call, email or intake form)

- <https://www.glebecounselling.ca>
- 519.884.3305
- glebecentre@wlu.ca

Empower Me (call)

- <https://wusa.ca/services/empower-me>
- Multilingual, culturally sensitive, gender inclusive, faith inclusive
- 1-833-628-5589 (toll-free)
- Can call from anywhere in the world

Office of Equity, Diversity, Inclusion and Anti-Racism (email)

- Process for conflict with university (nothing - mediation as most formal dispute resolution process)
- Control over process remains in hands of the student
- <https://uwaterloo.ca/human-rights-equity-inclusion/equity-office>
- equity@uwaterloo.ca

Food Resources

- Bannock Lunch at Centre for Indigenous Students (*Facebook, Instagram or Discord*)
- <https://uwaterloo.ca/united-college/soup-and-bannock-days>
- Food Bank (*call*)
 - <https://www.thefoodbank.ca/>
- Community Fridge KW (*email or walk-in*)
 - <https://linktr.ee/communityfridgekw>

General Resources

- Campus Wellness Mental Health Resources Page
 - <https://uwaterloo.ca/campus-wellness/get-mental-health-support-when-you-need-it>

Glow Centre for Sexual and Gender Diversity- WUSA (*form*)

- Peer support
- Social events
- Advocacy work
- Resources
- <https://wusa.ca/services/student-run-services/glow/>

Good2Talk (*call or text*)

- Support line for post-secondary students residing in Ontario
- <https://good2talk.ca/ontario/>
- DIAL 1-866-925-5454 TO TALK
TEXT GOOD2TALKON TO 686868

Harassment during a co-op work term

- Connect with an Advisor, Workplace Harassment at the CCD, Graeme Beaton (*email*)
 - gdbeaton@uwaterloo.ca
- Conflict Management and Human Rights Office (CMHARO) (*email or call*)
 - <https://uwaterloo.ca/conflict-management-human-rights/>
 - <https://uwaterloo.ca/conflict-management-human-rights/frequently-asked-questions/if-you-are-feeling-harassed-your-workplace>

MATES (Mentor Support Through Education and Support) – WUSA (*email or fill out form*)

- MATES provides support to students who are hoping to build social skills, or are experiencing personal or academic concerns or low-level mental health and wellness difficulties. MATES volunteers are also well-trained and knowledgeable about various resources on and off

campus and can assist students through the navigation of those resources.

- <https://wusa.ca/services/student-run-services/mates/>

Naseeha (*call or email*)

- <https://naseeha.org/>
- Peer support mental health help line for Muslim folks
- Also provides support for folks who do not practice Islam
- 1 (866) 627-3342

National Black Graduate Network (*email*)

- <https://nbgn.ca/>

OK2BME (2LGBTQIA+) (*call or email*)

- <https://ok2bme.ca/services/counselling/>
- Free counselling for LGBTQ2+ individual and couples up to 29 years old

Psychology Today

- Some suggestions that you could search for include: internal family system, somatic, trauma-informed
- <https://www.psychologytoday.com/ca>

Quick Access Counselling (*call*)

- Essentially a virtual “walk-in” appointment
- Phone or video chat drop in appointments, sliding scale available
 - **Carizon Quick Access Counselling:** (519) 743-6333 ext. 1
 - <https://www.carizon.ca/>
 - **KW Counselling Quick Access Counselling**
 - <https://www.kwcounselling.com/counselling/walk-in-counselling/>

QTPOC KW (*email or Facebook*)

- QTPOC KW is a safe space for LGBTQ-People of Colour to socialize and foster community
- <https://www.facebook.com/kw.qtpoc/>
- qtpoc.kw@gmail.com

RAISE (Racial Advocacy for Inclusion, Solidarity and Equity)- WUSA (*email or form*)

- Formal means to report racism

- Confront racism
- Peer-support
- Social events
- <https://wusa.ca/services/student-run-services/raise/>

Sexual Assault Support Centre (*call or email*)

- <https://www.sascwr.org/resources.html>
- 24 hour Support Line

Sexual Violence Prevention and Response Office (*call or email*)

- <https://uwaterloo.ca/human-rights-equity-inclusion/svpro>
- Your conversation will **not** be disclosed to anyone (including police)

Student Equity Specialist

- Jazz Fitzgerald, Manager, Student Equity & Community, Student Success Office (email)
 - jazz.fitzgerald@uwaterloo.ca

Student Legal Protection Program – WUSA (*call*)

- <https://wusa.ca/services/student-legal-protection-program>

Support for Trans Folks

- Health Services on Campus offer Gender Affirmative Care
 - <https://uwaterloo.ca/campus-wellness/health-services/student-medical-clinic/gender-affirming-care>
- Glow Centre Resources
 - <https://wusa.ca/services/student-run-services/glow/>
 - <https://drive.google.com/drive/folders/1OhfdsMvCK3hdgOyFkPRyxJYPqqtQ4inz>

Therapy for Black Girls - Toronto Grassroots Edition (*call or email*)

- Black female-identified therapists
- https://docs.google.com/spreadsheets/d/1DkaAc5YHEgGKdFmo4e5Cy_d18wlu5fF0P54_MPqED2KE/edit#gid=0

Togetherall (*email or online registration*)

- Online modules
- Free for Alberta and Nova Scotia Residents, accessible by ZIP code, you can google an AL or NS ZIP code and use it
- <https://togetherall.com/en-ca/>

UW Chronic Disease Club (*email*)

- Contact: UWCDC@clubs.wusa.ca
- <https://www.facebook.com/uwaterloocdc/>
- Founders: Ashley Kruchka and Samantha Morin

UW Counselling Services (*call intake*)

- <https://uwaterloo.ca/campus-wellness/counselling-services>
 - [Washington Silk \(they/them\)](#), ample experience supporting LGBTQ+ communities
 - [Melissa Zettel \(she/her\), Embedded Wellness Counsellor](#)
- Intake Line: 519-888-4096 (how you set up an appointment)

Waterloo Indigenous Student Centre (email or Discord)

- <https://uwaterloo.ca/united-college/waterloo-indigenous-student-centre>

Women's Centre-WUSA (*form*)

- Creates safer space for folks of all genders, with a special focus on women and trans folks.
- Intellectual and tangible resources (pads, tampons, condoms, pregnancy tests)
- Peer- support
- <https://wusa.ca/services/womens-centre>

Wounds2Wings (*call or email*)

- Counselling with a Black therapist, specializing in trauma and the body
- <https://www.wounds2wings.com/>