

## Everyone struggles at some point

From transition to university life, to changes in expectations, to relationships, there are a lot of reasons you might seek help for your mental health. 1 in 5 Canadians experience poor mental health in their lifetime. **You are not alone.**

## Signs that something might not be quite right

If you notice any of the following situations, consider getting some support:

- Your mood is low for more than two weeks
- You've lost focus or motivation
- You're having difficulty sleeping or your energy levels are poor
- You feel extreme loneliness
- You think about harming yourself
- You feel extreme fear about certain situations

## Counselling Services is here to support you

We offer a variety of confidential services at no charge to University of Waterloo students who are currently registered or are on a co-op term. Our mental health professionals are here for you and interested in helping you through whatever you are experiencing. Our regular [hours](#) are Monday to Friday 8:30 a.m. to 4:30 p.m.

## Emergency appointments

Emergency appointments are available during our regular hours and are provided to any student who is at **immediate risk** of self harm or harming someone else, or have recently experienced a trauma.

## Booked appointments

Regular booked appointments can be made and scheduling depends on the urgency of your needs. When you meet with a counsellor they will listen to your concerns and develop a plan that suits your individual situation and needs. This plan could consist of booking a series of regular appointments, readings, meditations, or practical exercises.

## Walk-in appointments

Walk-in appointments are available each **Wednesday and Thursday between 11:30 a.m. and 3:30 p.m.** These appointments are 90-minutes in length and are focused on finding you practical solutions for your most pressing concern.

## UW MATES peer counselling

Peer counselling is available on a walk-in or booked basis. [MATES](#) student volunteers are trained by Counselling Services and are available to offer confidential support to students struggling with social issues, mental health issues, and transitioning to university life.

## Coping Skills seminars

Over the last couple of years, hundreds of students have found our Coping Skills [seminars](#) valuable. Coping Skills seminars are 1-hour seminars that focus on cultivating resilience, challenging thinking, managing emotions, and changing behaviour. They are offered a variety of times per term and can be registered for on LEADS.

## Group therapy and workshops

Our [groups](#) and [workshops](#) provide you with the opportunity to learn more about topics such as: Managing anxiety and stress, regulating emotion, increasing motivation, sustaining recovery from depression, learning to meditate, and much more. Registration is online through LEADS.

More information about all of our services can be found at:

<https://uwaterloo.ca/counselling-services>

## After-hours and off campus resources

If you need to speak with someone outside of our regular hours the following resources are available 24/7.

### Good2Talk

[Good2Talk](#) is a free confidential help line for post-secondary students.

1-866-925-5454

### Grand River Hospital Mental Health Emergency Care

[Grand River Hospital](#) offers 24/7 emergency care for mental health emergencies. 834 King Street West, Kitchener. 519-749-4300 x 6880.

### Here 24/7

[Here 24/7](#) is Waterloo Region's Mental Health and Crisis Services team.

1-844-437-3247

### WatSAFE app

Download the [WatSAFE](#) app to have access to a list of support contacts at all times.