

Concerned about an individual's well-being?

Ensure **YOU** and others are safe **before** intervening



PHYSICAL DISTRESS → Health Services

519-888-4096

- Health Services building
- Open for urgent primary care

<https://uwaterloo.ca/campus-wellness/health-services>

EMOTIONAL DISTRESS → Counselling Services

519-888-4096

- Needles Hall Expansion, 2nd floor
- Phone and video appointments available

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

AGGRESSIVE BEHAVIOUR → Special Constable Service

519-888-4911 or 519-888-4567 ext.22222

- Commissary building

<https://uwaterloo.ca/special-constable-service/>

LIFE THREATENING ISSUE → 9-1-1

- Non-emergency Waterloo Regional Police Services: 519-653-7700

SPECIAL CONSTABLE SERVICE

519-888-4911 or 519-888-4567 ext.22222

- On duty 24 hours a day
- Trained to make an initial assessment of the student
- Have access to appropriate resources

EMPOWER ME

1-833-628-5589

- Available 24/7, confidential, multilingual, culturally sensitive, gender and faith inclusive
- Counselling available via phone, video and in person

<https://wusa.ca/services/student-supports/empower-me/>

GOOD2TALK

1-866-925-5454

- Available 24/7
- Confidential and anonymous

<https://good2talk.ca/>

HERE 24/7

1-844-437-3247

- Available 24/7
- Addiction, mental health and crisis services