

Concerned about an individual's well-being?

Who do I call?

During Office Hours

8:30 a.m. - 4:30 p.m.

PHYSICAL DISTRESS

→ Health Services

519-888-4096

Health Services Building
Open for urgent primary care

EMOTIONAL DISTRESS

→ Counselling Services

519-888-4567 ext. 32655

Needles Hall Expansion, 2nd Floor
Phone appointments available

AGGRESSIVE BEHAVIOUR

→ UW Police

519-888-4567 ext. 22222

Commissary Building

LIFE-THREATENING ISSUE

→ **911**

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

Outside of Office Hours



UW Police ext. 22222

519-888-4567

- The only after-hours resource on campus
- Trained to make an initial assessment of the student
- Have access to appropriate resources



Empower Me

<https://uwaterloo.ca/waterloo-undergraduate-student-association/services/empower-me>

1-844-741-6389

- Counselling available via phone, video, and in person



Good2Talk

<https://good2talk.ca/>

1-866-925-5454

- Confidential and anonymous



Here 24/7

<http://here247.ca/>

1-844-437-3247

- Supports addictions, mental health & crisis services
- Walk-in options available

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



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Training Opportunities on Campus



QPR

Training content:

- How to Question, Persuade and Refer someone who may be having thoughts of suicide
- How to get help for yourself or learn more about preventing suicide
- Common causes and warning signs
- How to get help for someone in crisis



SAFETALK

Training content:

- Move beyond common tendencies to miss, dismiss, or avoid the topic of suicide
- Identify people with thoughts of suicide
- Learn simple yet effective TALK steps: Tell, Ask, Listen, and KeepSafe
- Apply the TALK steps to connect a person with suicide thoughts to life-saving first aid resources



MORE FEET ON THE GROUND (VIRTUAL OR SELF GUIDED ONLINE)

Training content:

- Comprehensive information about common mental health and addiction concerns
- Overview of signs/symptoms, treatment options, mental health stigma
- Facts, statistics, and stories of lived experience
- Campus and community resource information
- Opportunity to receive a certificate following successful completion of a brief on-line assessment of learning

All courses available for signup through
<https://uwaterloo.gosignmeup.com/Public/Course/Browse>



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