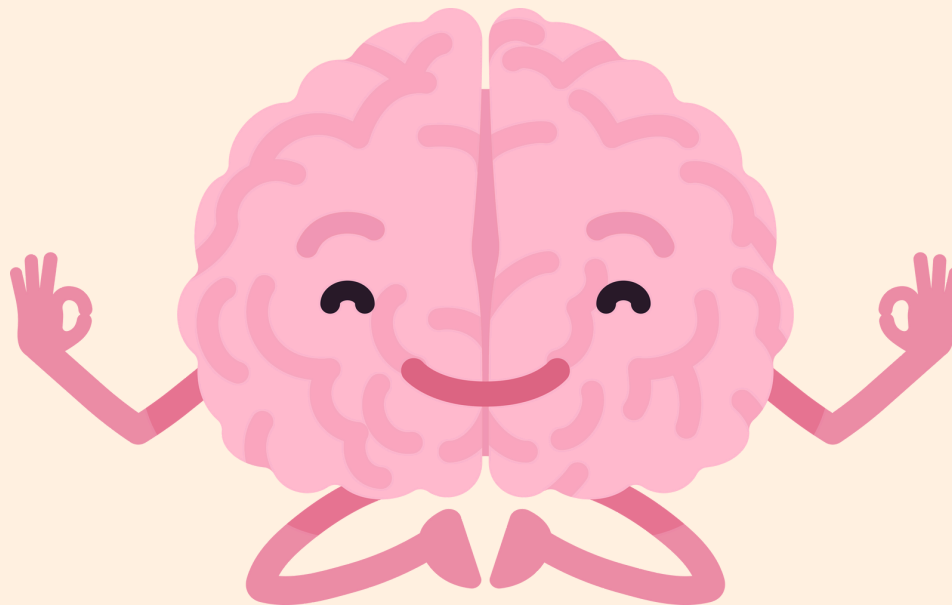


MENTAL HEALTH AWARENESS MONTH



In honour of Mental Health Awareness Month, the **Psychology EDI Working Group** wants to share information about **UW Counselling Services** (available at no charge to UW students) and how to access them!

IN-TAKE PROCESS WITH UW COUNSELLING SERVICES

1

Call **519-888-4096** or visit **Counselling Services**
(Needles Hall North, 2nd floor) in-person

2

Complete the **registration form** sent to
your @uwaterloo.ca email address

3

Attend an **in-take appointment** to assess
counselling needs and, if desired, request a
counsellor with lived experience or identity (e.g.,
2SLGBTQIA+, Black, and others)

4

Attend the **counselling appointment**
that is best determined for you...

CRISIS APPOINTMENTS

Crisis appointments for students in distress include **Immediate** (within 24 hours) and **Urgent appointments** (within 3-5 days)

SAME DAY COUNSELLING

One time **1.5 hour counselling connections** are available for students who may not want or require ongoing counselling

INDIVIDUAL COUNSELLING

Short-term counselling that addresses current mental health concerns

WELLNESS PROGRAMS & SUPPORT GROUPS



QTWell:

virtual drop-in group where any graduate student who is a sexual and gender minority or identifies as part of the 2SLGBTQIA+ community can celebrate their individuality

Mind Body Run:

mindful running group with a focus on being present in the moment without judgment



OTHER RESOURCES

Other mental health resources available to UW students include:

EMPOWER ME (MENTAL HEALTH & WELLNESS)

24/7 counselling to get support for issues of any kind, such as: stress, depression, LGBTQ+ services, financial issues, relationship difficulties, nutrition issues and more

UW MATES

One-on-one peer support program offered by the Waterloo Undergraduate Student Association (WUSA)

GOOD2TALK

Free, confidential support services for post-secondary students in Ontario and Nova Scotia

CAM'S KIDS

Provides tools, tips, and resources to learn how to overcome and manage anxiety

IMPORTANT LINKS

UW COUNSELLING SERVICES

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

WELLNESS PROGRAMS & SUPPORT GROUPS

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

OTHER RESOURCES

https://studentcare.ca/rte/en/IHaveAPlan_WUSA_EmpowerMe_EmpowerMe

<https://wusa.ca/services/student-run-services/mates/uw-mates-request-appointment-form/>

<https://good2talk.ca>

<https://www.camskids.com/about.htm>