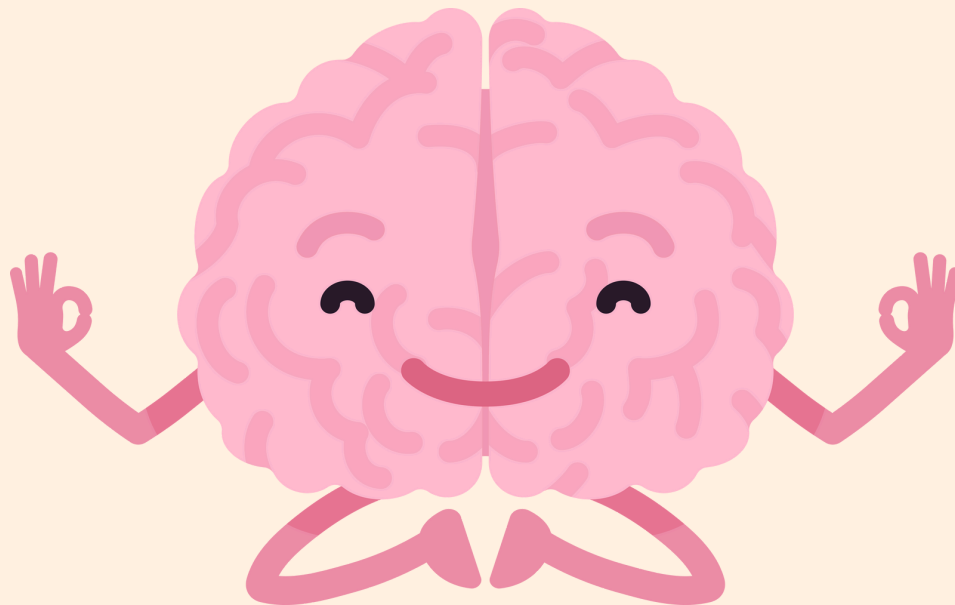


MENTAL HEALTH AWARENESS MONTH



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...

URGENT COUNSELLING

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 addresses current mental health concerns

WELLNESS PROGRAMS & SUPPORT GROUPS

Campus Wellness also offers wellness programs & support groups, a few of which are specifically for traditionally underrepresented groups:

A Queer and Pleasant Ragger: A Gender Journeys Group (in person)

As straight as the ring road – a Walk and Talk, Outdoor, Therapeutic Group for Queer and Trans Students (in person)

NeuroMinds (in person)

Roots – Black Student Support Space (online & in-person)

QTWell (virtual)

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 & 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>

Slides by Ashling Ayekun