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.