

Where can you go for support?

I'm doing pretty good



There are many ways to continue fostering positive mental health, which is important to do even when you're already feeling pretty good.

Connection

Talk to a friend, classmate or loved one. Even a short conversation can leave you feeling connected and a little closer to those around you.

Get involved! USC Clubs has over 200 clubs where you can meet others with similar interests. Visit westernusc.ca/clubs for more information or uwo.ca/campusrec/sport_clubs/index.html to learn more about [Recreational Sport Clubs](#).

Sign up for an [intramural team](#), where connection and movement meet! Visit uwo.ca/campusrec/intramurals for more information.

Find academic and social connection support through a [peer mentorship program](#). academicsupport.uwo.ca

Movement

Finding ways to be active that you enjoy can help maintain positive mental health.

Visit [Western Campus Recreation](#) to learn more about hours of operation, exercise classes, personal training and more! uwo.ca/campusrec

Learning more about yourself

Explore how your [individual strengths](#) can help you thrive both in and out of the classroom. strengths.uwo.ca

I'm starting to struggle



[Western University Mental Health Counselling](#)

Appointments are available Monday to Friday and can be booked in-person, online or by calling reception at 519-661-3030.

[Western University Mental Health Group Care](#)

Join your peers and mental health counsellors of relevant backgrounds to discuss topics that most impact you in a safe affirming space. Groups include Queer Connections; Journey Together: Sharing our Lived Experience (for Black & Racialized students); and more.

[Reach Out 24/7](#)

Provides confidential mental health and addictions support and services, including a 24/7 phone and text crisis line. Call or text 519-433-2023.

[Good2Talk](#)

Offers 24/7 confidential, multilingual support to post-secondary students in Ontario. Call 1-866-925-5454 or text "GOOD2TALKON" to 686868.

[Togetherall](#)

Western University students have access to free, 24/7 anonymous peer-to-peer support at togetherall.com

Explore [learning](#) and [writing](#) supports when you're feeling overwhelmed with your academics.

learning.uwo.ca

writing.uwo.ca

I need help



[Western University Mental Health Counselling](#)

Walk-in appointments available until 4:30 p.m. Monday to Friday by calling reception at 519-661-3030.

[Reach Out 24/7](#)

Call or text 519-433-2023.

[Good2Talk](#)

Call 1-866-925-5454 or text "GOOD2TALKON" to 686868.

[Trans Lifeline](#)

Offers confidential peer support services for trans folks. Call 877-330-6366.

[First Nations and Inuit Hope for Wellness Help Line](#)

Offers 24-hour culturally relevant telephone crisis intervention counselling. Call 1-855-242-3310.

[Naseeha Mental Health Helpline](#)

Offers 24/7 Muslim mental health support. Call 1-866-627-3342.

[LGBT Youth Line](#)

Offers text support for LGBTQ2S+ youth (Sunday to Friday from 4:00 - 9:30 p.m.) Text 647-694-4275.

[Anova](#)

Offers a 24/7 crisis line for those experiencing gender-based violence or supporting someone who is. Call 519-642-3000.

I'm in crisis



9-1-1

If you are in immediate danger or need urgent medical support, call 9-1-1.

[Western Special Constables](#)

Available 24/7 and can be reached from a campus phone by dialing 9-1-1, or extension 83300 for their non-emergency line. You can also call from your cell phone at 519-661-3300.

[9-8-8 \(National Suicide Crisis Helpline\)](#)

If you are thinking about suicide, call or text 9-8-8. Bilingual, trauma-informed and culturally appropriate support is available to anyone in Canada, 24/7.

Hospital Emergency Department

If you need urgent medical support or are in immediate danger of harming yourself or someone else, go to your nearest hospital emergency department.

[CMHA Crisis Centre](#)

Available for in-person walk-in crisis support 24/7 at 648 Huron St, London, ON N5Y 4J8. For more information, you can call 519-434-9191.

More crisis resources are available at:

uwo.ca/health/crisis.html

*These resources are sorted to help you narrow down what might be the most applicable to you, based on how you're feeling. See a resource in a different column that sounds like a better fit for you? Please feel free to access any of the recommended resources. Visit wellnessresources.uwo.ca for more.