

Mental Health Resources for Western Staff & Faculty:

PREVENTION: Practice wellness daily	CONCERN: When you notice a change	CRISIS: When you feel out of options
<i>Personal wellness practices:</i> Eat. Sleep. Exercise. Connect	Visit your family doctor	ASIST-trained Keep Safe Connection
LivingWell@Western	Seek the advice of a friend or family member	Call 911 if needed
Employee Assistance Program	Stress Management Techniques	Walk in to the Mental Health and Addictions Crisis Centre at 534 Queens Ave or call Reach Out at (519) 433-2023
safeTALK & ASIST	Workplace Health Employee Well-being	Anova 24-Hour Helpline: (519) 642-3000
Campus Recreation <ul style="list-style-type: none"> Physical activity has a huge impact on mental health 	Togetherall Anonymous 24/7 online peer support and education with moderation by clinically trained practitioners	First Nations and Inuit Hope for Wellness Help Line : 1(855) 242-3310
Workplace Health	The Support Line (519) 601-8055	Crisis Services Canada suicide prevention and support: 1(833) 456-4566
Employee Well-being	Lifeworks – Employee Assistance Access immediate and confidential support 24/7/365 By phone: 1-844-880-9142	Trans Lifeline (10am to 4am): 1(877) 330-6366

Mental Health Resources for Western Students:

PREVENTION: Practice wellness daily	CONCERN: When you notice a change	CRISIS: When you feel out of options
<i>Personal wellness practices:</i> Eat. Sleep. Exercise. Connect	Health and Wellness (SHS, Psychological Services), Residence Counselling	ASIST-trained Keep Safe Connection
Wellness Education Centre	Peer Support and Graduate Peer Support	Call 911 if needed
Leadership and Learning	Stress Management Techniques	Walk in to the Mental Health and Addictions Crisis Centre at 534 Queens Ave or call Reach Out at (519) 433-2023
safeTALK & ASIST	Wellness Education Centre	Anova 24-Hour Helpline: (519) 642-3000
Campus Recreation <ul style="list-style-type: none"> Physical activity has a huge impact on mental health 	Togetherall Anonymous 24/7 online peer support and education with moderation by clinically trained practitioners	First Nations and Inuit Hope for Wellness Help Line : 1(855) 242-3310
Learning Skills Services	Good2Talk 1(866) 925-5454 or The Support Line (519) 601-8055	Crisis Services Canada suicide prevention and support: 1(833) 456-4566
Writing Support Centre	Family Service Thames Valley Counselling Services 519-433-0183 ext. 605 Intake@familyservicethamesvalley.com	Trans Lifeline (10am to 4am): 1(877) 330-6366