

PREVENTION: Practice wellness daily	CONCERN: When you notice a change	CRISIS: When you feel out of options
<i>Personal wellness practices:</i> <u>Eat. Sleep. Exercise. Connect</u>	<u>Student Health Services (SHS)</u>	24/7 call 911 or:
<u>Wellness Education Centre</u>	<u>Psychological Services, Residence Counselling</u>	<u>Mental Health and Addictions Crisis Centre</u> 24/7 walk-in support on 648 Huron St.
<u>Student Success Centre</u>	<u>Self-Care Techniques & more</u>	<u>Reach Out</u> 24/7 crisis helpline (519) 433-2023
<u>safeTALK, ASIST, or Mental Health First Aid</u> training	<u>Peer Support</u> and <u>Graduate Peer Support</u>	<u>CMHA Walk-in Crisis Support</u> Tues-Thurs 5-9 pm @ SHS, UCC 11, Monday, 5-9 pm @ Wemple Room 11
<u>Learning Skills Services & Writing Support Centre</u>	24/7 helplines: <u>Good2Talk</u> 1(866) 925-5454 <u>The Support Line</u> (519) 601-8055	<u>Anova</u> 24/7 crisis and support (519) 642-3000
		<u>First Nations & Inuit Hope for Wellness</u> 1(855) 242-3310
<u>Campus Recreation</u> **NEW <i>Move Your Mind</i> program	<u>LGBTQQ2SI Youthline</u> (Sun-Fri, 4pm to 9:30 pm) 1(877) 330-6366	On-campus crisis contacts <u>Campus Police, SHS, Psychological Services</u>