STUDENT MENTAL WELL-BEING SUPPORTS

FIND US: Student Wellness is located in the J.T. Powell building at 168 Reynolds Walk (beside the Gryphons Athletic Centre & across from East Residence)

SURE WHERE TO GO FOR SUPPORT? Speak to a Student Wellness Navigator. Navigators allow students to discuss their concerns, identify appropriate services and supports, and help them coordinate a plan. They are also available to answer questions staff and faculty have about campus services.

CONTACT: 519-824-4120 x52131 to book an appointment. Appointments with a Navigator are available Monday through Friday.

24/7 SUPPORTS:
- CRISIS LINES: Crisis Text Line (Canada); Text UofG to 886868
- Good2Talk (Ontario): 1-866-925-5454
- Here247 (Guelph): 1-844-437-3247

keep.meSAFE (International Students): 1-844-451-9700

(Canada): Text UofG to 886868

(North America)

SERVICES

EMERGENCY SERVICES
- Campus Police (Campus Safety Office), Fire & Ambulance:
  - Emergency: 519-824-5000
  - Non-emergency: 519-824-4120 x52245
- Guelph General Hospital Sexual Assault & Domestic Violence Care Centre: 519-837-4410 x2728

STUDENT HOUSING SERVICES
- Lennox Addington Residence: 519-824-4120 x58122
- East Residence: 519-824-4120 x58124
- South Residence (Prairie Desk): 519-824-4120 x58123

CONTACT:
- wellness@uoguelph.ca
- 519-824-4120 ext. 58124 for student-parents

COUNSELLING SERVICES
- The Wellness Education & Promotion Centre (WEPC) offers peer education and programming.
- Counselling Services offers individual & group counselling to help support students through personal challenges. Drop-in counselling is also available.
- Sexual Violence Support & Education Coordinator provides sexual violence support, education & training for students.
- Student Accessibility Services (SAS) assists students with disabilities to access academic accommodations.
- The Health & Performance Centre (HPC) offers services including sports medicine, physiotherapy, massage & concussion treatment.

CONTACT:
- 519-824-4120 x52131 to book an appointment
- 519-824-4120 x58124 for student-parents

RISKS OF HOW TO RESPONSE:
- 1-844-451-9700
- Keep.meSAFE (International Students): 1-844-451-9700

Counselling can be helpful...

Follow us for the latest information! @wellness_uofg

AUTHORIZED SUPPORT
- 519-824-4120 x53036
- svinfo@uoguelph.ca

ACCESSIBILITY SERVICES
- U of G Accessibility
- Accessibility.uoguelph.ca

INJURY & PHYSICAL HEALTH SUPPORTS
- The Student Recovery Support Circle (SRC) is a confidential support group

CONTACT:
- student.recovery@uoguelph.ca

BIPOC STUDENT RESOURCES
- Access free BIPOC counselling services on wellness.uoguelph.ca/BIPOC.

ADDITIONAL RESOURCES
- Student Experience provides a number of advisors for International, BIPOC, Indigenous, and LGBTQ2IA+ students. Connect with an advisor at uoguelph.ca/studentexperience/advocacy-and-support

LOOKING FOR MORE INFORMATION & RESOURCES?
Check out the shine@uoguelph.ca website – your one-stop-shop for on-campus mental well-being resources at wellness.uoguelph.ca/shine-this-year

For more information on any of our offerings, visit wellness.uoguelph.ca

Follow us for the latest information! @wellness_uofg

wellness.uoguelph.ca