STUDENT MENTAL UNIVERSITY & <u>GUELPH</u> **WELL-BEING SUPPORTS**

FIND US! Student Wellness is located in the J.T. Powell building at 168 Reynolds Walk (beside the Guelph Gryphons Athletic Centre & across from East Residence) UNSURE 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 686868 Good2Talk (Ontario): 1-866-925-5454 Here24/7 (Guelph): 1-844-437-3247 keep.meSAFE (International Students): 1-844-451-9700 (001-416-380-6578 outside of North America)

PEER COUNSELLING

The Student Support Network (SSN) is a drop-in peer counselling service for students looking for confidential, nonjudgmental support.

CONTACT: Book a session at

wellness.uoguelph.ca/ssn



AN TO BOO A SESSION

GROUPS mindfulness drop-in. SKILL-BUILDING

COUNSELLING GROUPS

Counselling Services offers group sessions on topics including anxiety, healthy relationships, social confidence, and a

CONTACT: 19-824-4120 x52131

HEALTH SERVICES

nurses, an addictions

519-824-4120 x52131

CONTACT:

counsellor and dietitian.

The campus Health Services

clinic offers primary health

care, including physicians,

EMERGENCY SERVICES

Campus Police (Campus Safety Office), Fire & Ambulance: Emergency: 519-840-5000 Non-emergency: 519-824-4120 x52245 Guelph General Hospital Sexual Assault & Domestic Violence Care Centre: 519-837-6440 x2728

PEER-SUPPORTED ACTIVE LIFESTYLE

Gryphons Empowered by Movement (GEM) is a peer buddy program for students looking for assistance incorporating physical activity into their lives.

CONTACT: 519-824-4120 ext. 52131 to be referred

MENTAL HEALTH

LITERACY TRAINING

about supporting others

with their mental health

mentalhealth.training@

CONTACT:

uoguelph.ca

Are you looking to learn more

STUDENT HOUSING SERVICES

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

PEER SUBSTANCE USE SUPPORT

The Student Recovery Community (SRC) is a space for students looking to make changes to their substance use behaviours.

CONTACT: student.recovery@uoguelph.ca

GRADUATE STUDENT PEER SUPPORTS The Graduate Student

Support Circle (GSSC) is a confidential support group for graduate students across all faculties. A support circle specifically for student-parents is also available.

CONTACT: grad.circle@uoguelph.ca

Graduate Student House Calls is a staff-run initiative in which professional staff connect with interested graduate students to provide support & answer questions.

CONTACT: wellness@uoguelph.ca

RESILIENCE TRAINING

SHINE is a 7-week skillsbased workshop for students interested in boosting their overall well-being through learning about topics including self-compassion, gratitude and stress management.

"Thriving in Action" is a workshop series focused on skills for university life. Upcoming sessions for both programs can be viewed on Gryphlife gryphlife.uoguelph.ca

CONTACT:

wellness@uoguelph.ca

INTERNATIONAL STUDENT RESOURCES

Access free 24/7 counselling through the keep.meSAFE program by calling 1-844-451-9700 or downloading the app. wellness.uoguelph.ca/keep. <u>meSAFE</u>

BIPOC STUDENT RESOURCES

Access free BIPOC counselling

WALKING GROUP "Mood Routes" is a dropin walking group to help

SHINE CAST INFO

PEER EDUCATION

programming.

CONTACT:

The Wellness Education &

Promotion Centre (WEPC)

offers peer education and

519-824-4120 x53327 or

wellness@uoguelph.ca

Check out their mental

Shine Cast on Spotify,

Apple Music and more. uoquel.ph/shinecast

well-being podcast, The

students build in time for physical activity and mental wellness.

View dates on Gryphlife at uoquel.ph/mood-routes



DATES

COUNSELLING SERVICES

Counselling Services offers individual & group counselling to help support students through personal challenges. Drop-in counselling is also available.

CONTACT: *519-824-4120* x53244 or visit wellness. uoguelph.ca/counselling_

BODY POSITIVITY TRAINING

PEER-SUPPORTED

HEALTHY HABITS

mentorship program

for students looking to

set and work towards

ushine@uoguelph.ca

health- & wellness-related

goals with individualized

USHINE is a peer

support.

CONTACT:

The Body Project is a workshop for students interested in learning more about self-acceptance, positive body image, and reducing body shaming. View dates on Gryphlife at uoguel.ph/bodyproject



SUPPORT

The Sexual Violence Support & Education Coordinator provides sexual violence support, education & training for students.

CONTACT: 519-824-4120 x53020 or svinfo@uoguelph.ca

The Health & Performance Centre (HPC) offers services including sports medicine, physiotherapy, massage & concussion treatment.

CONTACT: 519-767-5011 accessibility@uoguelph.ca (press 1 for reception) or visit wellness.uoguelph.ca/hpc

concerns? We have several training programs available.

csgroups@uoguelph.ca

INJURY & PHYSICAL

HEALTH SUPPORTS

SELF-REGULATION

Stress and anxiety workshops are available, including test preparation and a stress management drop-in.

View dates on Gryphlife at uoguel.ph/wellness-gryphlife

CONTACT:



SEXUAL VIOLENCE

ACCESSIBILITY SERVICES

Student Accessibility

Services (SAS) assists students with disabilities to access academic

accommodations. CONTACT: 519-824-4120 x56208 or

SUPPORTS



LOOKING FOR MORE INFORMATION & RESOURCES?

Check out the Shine This Year 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



services on wellness.uoguelph. ca/counselling or the Student Support Network (SSN) wellness.uoguelph.ca/ssn

ADDITIONAL RESOURCES

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



Follow us for the latest information! −−−→ @wellness uofo

