



UNIVERSITY  
*of* GUELPH

# STUDENT SUPPORTS

PREPARED BY STUDENT WELLNESS SERVICES



# STUDENT SUPPORTS

## EMERGENCY & 24 HOUR RESOURCES

### ON CAMPUS:

519-824-4120

#### Student Housing Services:

x 58701 / [housing.uoguelph.ca](https://housing.uoguelph.ca)

Lennox Addington Residence

x 58122

South Residence (Prairie Desk)

x 58123

East Residence

x 58124

#### Campus Safety Office, Fire & Ambulance

Emergency x 52000

Non-emergency x 52245

### WITHIN GUELPH:

Sexual Assault Domestic Violence Care  
& Treatment Centre

519-837-6440 x 2728

24 Hour: x 2210

Here 24/7

1-844-437-3247

### VIRTUAL/PHONE SUPPORTS:

Good2Talk (Ontario students)

1-866-925-5454

Crisis Text Line (Canadian students)

Text UofG to 686868

keep.meSAFE (International students) 1-844-451-9700 (001-416-380-6578 outside of NA)

OUTline Online Chat

[uoguelph.ph/outline](https://uoguelph.ph/outline)

## U of G STUDENT SUPPORTS & RESOURCES

519-824-4120

### STUDENT WELLNESS SERVICES:

[uoguelph.ca/wellness](https://uoguelph.ca/wellness)

Counselling Services

x 53244 / [uoguel.ph/CS](https://uoguel.ph/CS)

Student Health Services

x 52131 / [uoguel.ph/Health](https://uoguel.ph/Health)

Health & Performance Centre (HPC)

x 53039 / [uoguelph.ca/HPC](https://uoguelph.ca/HPC)

Student Accessibility Services (SAS)

x 56208 / [uoguel.ph/SAS](https://uoguel.ph/SAS)

Sexual and Gender Based Violence Support & Education

x 53020 / [uoguel.ph/SVS](https://uoguel.ph/SVS)

Wellness Education & Promotion Centre (WEPC)

[uoguel.ph/WEPC](https://uoguel.ph/WEPC)

Student Support Network (peer-to-peer support)

[uoguel.ph/SSN](https://uoguel.ph/SSN)

**Not sure how to navigate our many resources?** Connect with a Student Wellness Navigator who can help direct you. Call x52131 to book an appointment.

### STUDENT EXPERIENCE:

x 52214 / [uoguelph.ca/studentexperience](https://uoguelph.ca/studentexperience)

Indigenous Student Centre (ISC)

x 58074 / [uoguel.ph/ISCuofg](https://uoguel.ph/ISCuofg)

Black & Racialized Students (Cultural Diversity)

[uoguel.ph/CDO](https://uoguel.ph/CDO)

LGBTQ2IA+

[uoguel.ph/LGBTQ2IA](https://uoguel.ph/LGBTQ2IA)

International Student Advising

[uoguel.ph/ISA](https://uoguel.ph/ISA)

Spirituality & Multi-Faith

[uoguel.ph/MFRT](https://uoguel.ph/MFRT)



STUDENT  
WELLNESS SERVICES



STUDENT  
WELLNESS  
Live well. Achieve well.