

# TAKE CARE RESOURCES

## Physical & Mental Health Support: ON CAMPUS: STUDENT HEALTH UCC 11

<https://www.uwo.ca/health/shs/index.html>

**UCC 11: Monday - Thursday 9:00 a.m. - 7:00 p.m.**

**Friday 9:00 a.m. - 4:30 p.m.**

**Saturday 9:00 a.m. - 1:00 p.m.**

As demand for service wanes, hours of operation will be reduced. Please contact the clinic for the most up-to-date hours.

\*\*NEW You can book a virtual physical or mental health appointment with Health & Wellness by calling us at [519-661-3030](tel:519-661-3030).

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## Additional Mental Health Supports Off Campus

Students located in Ontario can access **Good2Talk**—a free, confidential service for Ontario post-secondary students, available 24/7/365. By calling **1-866-925-5454**, post-secondary students in Ontario can receive professional counselling and information and referrals for mental health, addictions and well-being.

Crisis Text Line powered by **Kids Help Phone** is a free, confidential texting service, available 24/7/365. By **texting GOOD2TALKON to 686868**, post-secondary students in Ontario can be connected to a trained volunteer Crisis Responder who is there to listen and support students with any issue they're facing.

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## IMMEDIATE CRISIS SUPPORT:

**CMHA Walk-in: 24/7 648 Huron Street**

**519-433-2023** <https://cmhamiddlesex.ca/>