

Wellness Resource Guide

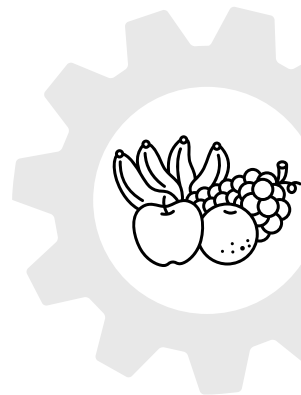


Table of Contents

Crisis Support	12
Campus Resources.....	12
Crisis Contact Information.....	12
Main Campus Residences.....	12
Western Special Constable Service.....	12
COVID-19 Support While Isolating.....	12
Off-Campus / During University Office Closures.....	13
Canadian Mental Health Association (CMHA).....	13
Reach Out - 24/7 Confidential Helpline.....	13
Good2Talk - 24/7 Confidential Helpline.....	13
Canada Suicide Prevention Service.....	13
Atlohsa Native Family Healing Services.....	13
First Nations and Inuit - Hope for Wellness Help Line.....	14
Zhaawanong 24-hr Emergency Women's Shelter.....	14
Fem'aide.....	14
ANOVA.....	14
Telehealth Ontario.....	14
911 Emergency Line.....	15
Self-Help Apps.....	15
Besafe.....	15
Student Benefits	16
Undergraduate Student Benefits.....	16
Graduate Student Benefits.....	16
Mental Health Counselling	17
Counselling within Engineering.....	17
Counselling within Student Experience.....	17
Mental Wellness	18
Campus Resources.....	18
Wellness & Wellbeing.....	18

Group Care and Workshops.....	18
Peer Support Centre.....	18
2SLGBTQIA+ Supports.....	18
Gender-Based and Sexual Violence Survivor Support.....	18
Residence Counselling.....	19
Student Support & Case Management.....	19
Groups and Peer Support.....	19
togetherall.....	19
Al-Anon.....	19
CMHA Middlesex Peer Support.....	19
LGBT Youthline.....	20
Trans Lifeline.....	20
Hope's Eating Disorder Support.....	20
Mother Reach Support Group.....	20
Other Mental Health Resources.....	20
Find your words.....	20
Canadian Mental Health Association.....	21
Anxiety Canada.....	21
My Anxiety Plan (MAP) for Adults.....	21
heretohelp.....	21
Meditation Oasis.....	21
The 5-4-3-2-1 Grounding Technique: Managing Anxiety by Anchoring in the Present.....	22
Early Psychosis Intervention Ontario Network.....	22
Half of us.....	22
Centre for Clinical Interventions.....	22
pflagcanada.....	22
Help a Friend.....	23
How to Help a Friend (KidsHelpPhone).....	23
How to help a friend navigate thoughts of suicide.....	23
Seize the Awkward.....	23
How to intervene if someone needs help in a crisis.....	23

I'm concerned about someone: Canadian Association for Suicide Prevention.....	24
When You're Worried About a Friend Who Doesn't Want Help: JED Foundation.....	24
Signs Your Friend Might Be Struggling Emotionally.....	24
Help Lines.....	24
ANOVA.....	24
Canada 211: Mental Health and Addictions Services.....	24
Legal Aid Ontario.....	24
ConnexOntario.....	25
Atlohsa Native Family Healing Services.....	25
First Nations and Inuit - Hope for Wellness Help Line.....	25
Canada Suicide Prevention Service.....	25
Reach Out - 24/7 Confidential Helpline.....	26
Good2Talk - 24/7 Confidential Helpline.....	26
LGBT Youthline.....	26
Trans Lifeline.....	26
Fem'aide.....	26
Mental Wellness Education.....	27
A Comprehensive Overview of Mental Health Disorders.....	27
Evidence Exchange Network for Mental Health and Addictions.....	27
How to Be Happy - New York Times Guide.....	27
How to Meditate - Buddhist Meditation Basics	27
How to Meditate - New York Times Guide.....	27
International Students and Wellness.....	27
JED Foundation Mental Health Resource Centre.....	28
London-Middlesex Suicide Prevention Council.....	28
Meditation for Beginners: 20 Practical Tips for Understanding the Mind.....	28
Mental Illness & Addiction Index.....	28
Mindfulness and Metta-Based Trauma Therapy.....	28
Mindyourmind.....	28
Supporting Student-Athlete Mental Wellness.....	29

Ultimate Guide to Mental Health and Education Resources for Kids and Teens.....	29
What is Counselling?.....	29
Living with worry and anxiety amidst global uncertainty.....	29
The Trevor Project.....	29
Psychological Services & Counselling.....	30
CMHA Middlesex.....	30
Family Services Thames Valley.....	30
First Episode Mood and Anxiety Program (FEMAP).....	30
First Nations Counselling.....	30
CMHA Bereavement Services.....	30
Local Support Services.....	31
Walk-in Centres.....	31
Canada Mental Health Association (CMHA).....	31
Atlohsa Native Family Healing Services.....	31
Mission Services of London.....	31
Réseau-Femmes du Sud-Ouest de l'Ontario.....	31
Youth Opportunities Unlimited.....	32
Zhaawanong 24-hr Emergency Women's Shelter.....	32
Self-Help Apps.....	32
Mindshift CBT.....	32
Headspace.....	32
SAM.....	33
Breath2Relax.....	33
MoodFit.....	33
BeSafe.....	33

Physical Wellness..... 34

Campus Resources.....	34
Student Health & Wellness Services.....	34
Wellness & Wellbeing.....	34
Food Support Services.....	34
FRESH.....	34
Western Dietician Services.....	34

UWO Nutrition Services.....	35
Net Nutrition.....	35
Ask Anne.....	35
Trans Care Team.....	35
UWO Campus Recreation.....	35
Intramural Leagues.....	35
Accessibility at Western.....	36
Dental.....	36
Chiropractor.....	36
Fowler Kennedy Sport Medicine Clinic.....	36
Optometrist.....	36
SERT.....	36
H.A. Leeper Speech & Hearing Clinic.....	36
HIV Testing.....	37
UWO Let's Clear the Air Here.....	37
Food Support.....	37
London Food Bank.....	37
Meal Calendar and Food Bank List.....	37
Mission Services of London.....	37
My Sisters' Place.....	38
Unlock Food.....	38
Youth Opportunities Unlimited.....	38
General Health.....	38
City of London Parks.....	38
Middlesex London Health Unit.....	38
Ontario Ministry of Health.....	38
Healthy Canadians.....	39
Ontario 211: Community and Social Resources.....	39
Rainbow Health Ontario.....	39
Trans Health Care, London InterCommunity Health Centre.....	39
Telehealth Ontario.....	39
Healthy Eating Habits and Body Image	40
Adult Eating Disorders Service (AEDS).....	40

Hope's Garden.....	40
National Eating Disorders Association.....	40
National Eating Disorder Information Centre.....	40
Physical Activity.....	40
Canadian Physical Activity Guidelines.....	40
DAREBEE.....	40
Sports Nutrition.....	41
Sexual Health.....	41
Action Canada for Sexual Health & Rights.....	41
Middlesex-London Health Unit: Sexual Health.....	41
Middlesex-London Health Unit: STI clinic.....	41
Sexual Health Ontario.....	41
Sex & U.....	41
Sexual Violence Counselling.....	42
Substance Use.....	42
Alcoholics Anonymous.....	42
Counterpoint Needle and Syringe Program.....	42
Smokers' Helpline.....	42
Saying When.....	42
RainyDaze Harm Reduction Games.....	43
Start your Recovery.....	43
Thames Valley Addiction and Mental Health Services.....	43
Self-Help Apps.....	43
Breath2Relax.....	43
Calm.....	43
Social Wellness.....	44
Campus Resources.....	44
Recreational Sports Clubs.....	44
USC Clubs List.....	44
UWO Student Experience.....	44
Dispute Resolution Centre.....	44
USC Inclusive Programming.....	44
Wellness and Equity.....	44

Office of the Ombudsperson.....	45
Human Rights Office.....	45
Allyship Network.....	45
Indigenous Services.....	45
Western Pride.....	45
UWO Pride Library.....	45
PrideUSC.....	46
Spectrum.....	46
Western EngiQueers.....	46
Get REAL Western.....	46
Other Resources.....	46
Human Rights Campaign.....	46
International & Exchange Student Centre.....	47
Cross-Cultural Learner Centre.....	47
LGBTQ2SI Support.....	47
Opening the Circle.....	47
Coming Out Over Coffee.....	47
Southwest Healthline.....	47
Trans Health Care, London InterCommunity Health Centre.....	48
Trans Lifeline.....	48
LGBT Youthline.....	48
LGBTQ2+ Friendly Resources.....	48
pflagcanada.....	48
Pride London.....	48
Rainbow Health Ontario.....	49
Queer Events.....	49

Environmental Wellness..... 50

Campus Resources.....	50
Centre for Environment and Sustainability.....	50
Western Energy Dashboard.....	50
UWO Let's Clear the Air Here.....	50
Waste Reduction Western.....	50
Changing tables at Western.....	50

Off-Campus Housing.....	51
Off-Campus Mediation Service.....	51
Residence at Western.....	51
Environment and Sustainability.....	51
London Hydro.....	51
Sort it Right City of London.....	51
Explore London.....	52
City of London.....	52
City of London Parks.....	52
Things to do in London.....	52
Housing.....	52
Youth Opportunities Limited - Housing Services.....	52

Academic and Career Wellness..... 53

Campus Resources.....	53
Peer Assisted Learning (PAL).....	53
Learn2Thrive.....	53
Office of the Ombudsperson.....	53
Individual Learning Skills Appointments.....	54
Mindfulness Moments.....	54
Mindfulness for Academic Success (MAS).....	54
Learning Development and Success.....	54
SmartStart Academics.....	55
SmartStart Learning.....	55
Learn2Learn.....	55
Leadership & Academic Mentorship Program (LAMP).....	55
Skills Presentations.....	56
Academic Success Program (ASP) - Sport.....	56
Student Support & Case Management.....	56
Research Support.....	56
Leadership & Learning.....	56
Western Libraries.....	57
Writing Support Centre.....	57
Career Education.....	57

Academic Support and Engagement.....	57
Technology Help.....	57
Campus Computer Store UCC.....	57
Cybersmart UWO.....	57
Western Technology Services.....	58
Other Academic Support.....	58
Learning Fundamentals for University Students.....	58
Surviving and Thriving in Academia.....	58
Other Career Development.....	58
Career Fundamentals for University Students.....	58
Youth Opportunities Unlimited - Career Services.....	58
Financial Wellness.....	59
Campus Resources.....	59
Financial Aid Counselling.....	59
Student Finances.....	59
OSAP.....	59
Bursaries & Workstudy.....	59
Western USC Health Plan.....	60
Western Connect.....	60
Food Support Services.....	60
Food.....	60
London Food Bank.....	60
Meal Calendar and Food Bank List.....	60
Mission Services of London.....	61
My Sisters' Place.....	61
Unlock Food.....	61
Youth Opportunities Unlimited.....	61
Health Plan for International Students.....	61
University Health Insurance Plan (UHIP).....	61
Other Services.....	61
Legal Aid Ontario.....	61
Spiritual Wellness.....	62

Spiritual Wellbeing.....	62
Counselling.....	62
Western Chaplains.....	62
Mental Health Support.....	62
Finding Meaningful Connections.....	62
USC Clubs.....	62
Indigenous Services.....	63
Finding Spiritual Places.....	63
Muslim Students' Association.....	63
Places of Worship in London	63
Other Resources.....	63
Meditation Oasis.....	63
How to Meditate - Buddhist Meditation Basics.....	63
How to Meditate - New York Times Guide.....	63
Headspace.....	64
Calm.....	64
Graduate Student Resources.....	65
Campus Resources.....	65
Graduate Student Support.....	65
Society of Graduate Students (SOGS).....	65
Grad Club.....	65
GradPath.....	65
Learn2Thrive in Grad School.....	66
Centre for Teaching and Learning.....	66
Life & Community.....	66
Employee Well-being.....	66
Living Well @ Western.....	66
SOGS Pride Commissioner.....	67
SOGS Food Bank Program.....	67
Studentcare.....	67
Other Resources.....	67
Mental Health in Grad School.....	67
PSAC Local 610 Food Bank.....	67

Crisis Support

Campus Resources

Crisis Contact Information

<https://uwo.ca/health/crisis.html>

Supports available on campus during the day, Monday to Friday. Located in **Thames Hall, room 2170**.

Phone: **519-661-3030**

Main Campus Residences

https://residence.uwo.ca/contact_us#building

View all residence front desk numbers. If you are a student living in a main campus residence building and you are in crisis, you can contact your residence front desk for support.

Western Special Constable Service

<https://www.uwo.ca/campussafety/>

Crime prevention, safe escort, find lost property, etc.

If calling from a campus phone: **911 or extension 83300**

If calling from a cellphone: **519-661-3300**

COVID-19 Support While Isolating

https://www.uwo.ca/health/student_support/isolating-support.html

Any student facing a period of quarantine, isolation, or challenges as a result of COVID-19 can connect with the Student Support and Case Management (SSCM) Office for help. Students can e-mail **sscm@uwo.ca** with questions or for support with academic considerations, mental health, and food/supplies.

Off-Campus / During University Closures

Canadian Mental Health Association (CMHA)

<https://cmhatv.ca/>

The Crisis Centre provides 24/7 walk-in support for individuals experiencing a mental health and/or addictions crisis. It is located at **648 Huron Street**.

Reach Out - 24/7 Confidential Helpline

<https://reachout247.ca/>

A free, 24/7, confidential mental health and addictions support and services line for people living in London and the counties of Elgin, Middlesex, and Oxford.

Connect by phone or text at **519-433-2023** or access the web chat.

Good2Talk - 24/7 Confidential Helpline

<https://good2talk.ca/>

Free 24-hour confidential support services for post-secondary students in Ontario.

Phone: **1-866-925-5454**

Text: **GOOD2TALKON** to **686868**

Canada Suicide Prevention Service

<https://talksuicide.ca/>

Connect to a crisis responder to get help without judgement.

Phone (24/7/365): **1-833-456-4566**

Text (4pm-midnight): **45645**

Atlohsa Native Family Healing Services

<https://atlohsa.com/>

Provides strengths-based healing and wellness supports, Indigenous led-programs and services, access to Knowledge Keepers and land based-healing.

24-Hour Crisis Line: **1-800-605-7477**

First Nations and Inuit - Hope for Wellness Help Line

<https://www.hopeforwellness.ca/>

The Hope for Wellness Help Line offers 24/7 mental health counselling and crisis intervention to all Indigenous peoples across Canada. Experienced and culturally competent Help Line counsellors offer counselling in English, French and on request phone counselling may be available in Cree, Ojibway and Inuktitut.

Phone: **1-855-242-3310**

Zhaawanong 24-hr Emergency Women's Shelter

<https://atlohsa.com/pages/zhaawanong>

Indigenous-led shelter and support for First Nations women and their children who are at risk of violence, abuse and/or homelessness.

24-Hour Crisis Line: **1-800-605-7477**

Fem'aide

<https://femaide.ca/>

If you are a Francophone woman struggling with violence, call the 24/7 Fem'aide support line.

Phone or Text **1-877-336-2433** or access their live chat.

ANOVA

<https://www.anovafuture.org/>

Anova supports individuals facing gender-based sexual violence and inequality. They provide safe places, shelter, counselling and resources for abused women, their children and all oppressed individuals to find a new start.

24-hour Crisis and Support Line: **519-642-3000**

Telehealth Ontario

<https://health811.ontario.ca/static/guest/home>

Safe, high-quality care and health advice 24/7.

Phone: **811**

911 Emergency Line

<https://www.middlesex.ca/departments/emergency-services>

In an emergency, please call **911** immediately.

Self-Help Apps

BeSafe

<https://besafeapp.ca/>

A mobile app that helps young adults create a safety plan, connect with the right resources and access helpful regional resources to prepare for if they find themselves in a crisis. This app supports youth through the process of reaching out when it feels overwhelming by making the process to finding the right help quick and easy.

Student Benefits

Undergraduate Student Benefits

<https://www.mystudentplan.ca/purplecare/en/home>

The University Student's Council Plan covers 100% of the cost of a:

- Registered Psychologist
- Registered Social Worker
- Psychotherapist

Up to a maximum of \$750 per student year. For any questions about claims or insurance eligibility please contact Nina Joyce at njoyce2@uwo.ca.

Graduate Student Benefits

<https://sogs.ca/healthplan/>

The SOGS Insurance Plan covers 80% of the cost of a psychologist, psychotherapist, social worker, or guidance counsellor for a maximum of \$500 per policy year.

- Psychology practitioners must be registered with the College of Psychologists of Ontario.
- Psychotherapy practitioners must be registered with the College of Registered Psychotherapists of Ontario.
- Social work practitioners must be registered with the Ontario College of Social Workers and Social Service Workers.
- Guidance counselling practitioners must be registered with the Ontario College of Teachers.

Additionally, many parents have coverage for student dependents up to age 25. For more information email sogs@uwo.ca.

Mental Health Counselling

Counselling within Engineering

<https://www.eng.uwo.ca/graduate/current-students/academic-support-and-accommodations/student-wellness-counselling.html>

Students can book an appointment with the wellness counsellor by completing the intake and consent form on the website, and emailing them to her at **sara.hanna@uwo.ca**.

Counselling within Student Experience

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

Professional, confidential and free counselling services for students needing assistance to meet their personal, social and academic goals. Phone **519-661-3030** or visit **Thames Hall room 2170** to be booked in.

Mental Wellness

Campus Resources

Wellness & Wellbeing

<https://www.uwo.ca/health/>

Students can access resources to book a health or wellness appointment, for counselling supports, for group care and workshops, for peer to peer support, for sexual violence support and to enhance wellness.

Group Care and Workshops

https://uwo.ca/health/psych/group_care.html

Mental health support groups for coping with grief and loss, to help build distress tolerance & emotion regulation skills, and for mindful self-compassion. Additionally, there are workshops on anxiety, among other topics.

To book a counselling appointment phone: **519-661-3030**

Peer Support Centre

<https://westernusc.ca/services/peer-support-centre/>

A safe space on campus where, through fostering openness and understanding, students can express their feelings and explore resources.

2SLGBTQIA+ Supports

<https://www.uwo.ca/health/psych/LGBTTIQQ2SA+.html>

Mental health supports provided by several counsellors with expertise in the provision of services to 2SLGBTQIA+ students.

Gender-Based and Sexual Violence Survivor Support

https://www.uwo.ca/health/student_support/survivor_support/disclose.html

The Gender-Based Violence and Survivor Support Case Manager connects survivors with resources and support, regardless of whether a formal complaint is submitted.

Residence Counselling

https://residence.uwo.ca/experience/support_services/need_to_talk_residence_counselling

Residence Counselling offers free, short-term, confidential counselling services to help student who live in a Main Campus Residence manage a variety of mental/emotional challenges and promote healthy living.

Student Support & Case Management

https://www.uwo.ca/health/student_support/student-support-case-manager.html

Student support managers provide outreach, information, resources, referrals, and support to students who are experiencing complex or multifaceted concerns that are impacting on their personal and/or academic life goals.

Groups and Peer Support

togetherall

<https://togetherall.com/en-ca/>

A safe online community for people to share their experiences and support each other anonymously to improve mental health and wellbeing.

Al-Anon

<https://www.london-on-al-anon.org/>

Help and hope to people affected by the alcoholism, alcohol abuse or problem drinking of a friend or family member.

CMHA Middlesex Peer Support

<https://cmhatv.ca/programs-services/peer-support/>

An opportunity for people living with mental health and/or substance abuse struggles to connect with others who have experienced similar challenges and have gone through their own personal wellness journey/recovery process.

LGBT Youthline

<https://www.youthline.ca/>

Confidential, non-judgmental and informed LGBTTTQQ2SI peer support.

Text: **647-694-4275** (Sun-Fri, 4:00 PM - 9:30 PM)

Live Chat: Sun - Fri, 4:00 PM - 9:30 PM

Email: askus@youthline.ca

Trans Lifeline

<https://translifeline.org/>

The Trans Lifeline provides trans peer support; run by and for trans people.

Phone: **1-877-330-6366**

Hope's Eating Disorder Support

<https://www.hopeseds.org/>

Provide education, resource support and advocacy for all individuals, as well as their family and friends, who struggle with or have been affected by disordered eating.

Mother Reach Support Group

<https://www.healthunit.com/mother-reach>

A support group for pregnant or new mothers who may be feeling sad, overwhelmed or anxious. Learn healthy coping and parenting strategies to support your wellness and your children's wellness.

Other Mental Health Resources

Find your words

<https://findyourwords.org/>

Resources for those experiencing depression and for supporting others with depression. Designed to make it easier to open up about mental health and empower people to ask for help, take action to help themselves and support others.

Canadian Mental Health Association

<https://cmhatv.ca/>

Provide community-based support and services to individuals living in London and the counties of Elgin, Middlesex, Oxford and South Huron.

Anxiety Canada

<https://www.anxietycanada.com/>

Everyone experiences anxiety at one point in their life. Anxiety Canada provides helpful information to help people better understand and manage anxiety.

My Anxiety Plan (MAP) for Adults

<https://maps.anxietycanada.com/courses/anxiety-plan-for-adults/>

The MAP program was created for adults with mild to moderate anxiety problems. It was designed as a self-help program that an individual could work through on their own. However, it can also be used while working with a mental health provider who can guide you through it. Working with a therapist can be particularly helpful if you are experiencing more severe symptoms or have been diagnosed with an anxiety disorder. Lessons include understanding anxiety, calming strategies, helpful thinking, facing fear, staying on track and more.

heretohelp

<https://www.heretohelp.bc.ca/support-myself>

Mental health and substance use information, screening self-tests and supports.

Mediation Oasis

<https://www.meditationoasis.com/>

Free guided meditations.

The 5-4-3-2-1 Grounding Technique: Managing Anxiety by Anchoring in the Present

<https://insighttimer.com/blog/54321-grounding-technique/>

A technique that uses the five senses to ground us to the present moment when emotions and thoughts become too overwhelming.

Early Psychosis Intervention Ontario Network

<https://help4psychosis.ca/>

Services and supports if you or someone you know is experiencing symptoms of psychosis.

Half of us

<https://www.mentalhealthishealth.us/>

Resources to help you take care of your mental health and be there for a friend if they are struggling.

Centre for Clinical Interventions

<https://www.cci.health.wa.gov.au/Resources/Overview>

Resources for consumers and health care professionals to assist in providing interventions for mental health problems such as depression, bipolar, social anxiety, panic, self-expression, procrastination, perfectionism and eating disorders.

pflagcanada

<https://pflagcanada.ca/>

Support for Canadians with issues of sexual orientation, gender identity and gender expression.

Help a Friend

How to Help a Friend (KidsHelpPhone)

<https://kidshelpphone.ca/wp-content/uploads/Kids-Help-Phone-Tip-Sheets-How-to-help-a-friend.pdf>

A guide that can help you help a friend you are worried may be struggling.

How to help a friend navigate thoughts of suicide

<https://kidshelpphone.ca/get-info/how-to-help-a-friend-navigate-thoughts-of-suicide/>

Kids Help Phone shares information about warning signs, tips for helping a friend and ways you can care for yourself.

Seize the Awkward

<https://seizetheawkward.org/>

Resources to help you learn how to support a friend's mental health or get help for your own.

How to intervene if someone needs help in a crisis

<https://kidshelpphone.ca/get-info/how-intervene-if-someone-needs-help-crisis/>

This site provides some ways you can safely offer support to someone who needs help, online, in school and in public.

I'm concerned about someone: Canadian Association for Suicide Prevention

<https://suicideprevention.ca/im-concerned-about-someone/>

Various resources, warning signs, questions you can ask someone you are concerned is thinking about suicide and how to be helpful.

When You're Worried About a Friend Who Doesn't Want Help: JED Foundation

<https://jedfoundation.org/resource/when-youre-worried-about-a-friend-who-doesnt-want-help/>

How you can help a friend you think is struggling, if they won't open up or if they resist your offer of support.

Signs Your Friend Might Be Struggling Emotionally

<https://jedfoundation.org/resource/signs-your-friend-might-be-struggling-emotionally/>

How you can tell if someone you care about might be feeling more overwhelmed by stress, anxiety, or sadness than is manageable and how you can help.

Help Lines

ANOVA

<https://www.anovafuture.org/>

Anova supports individuals facing gender-based sexual violence and inequality. They provide safe places, shelter, counselling and resources for abused women, their children and all oppressed individuals to find a new start.

24-hour crisis and support line: **519-642-3000**

Canada 211: Mental Health and Addictions Services

<https://211ontario.ca/211-topics/mental-health-addictions/>

Connects you to programs and services in your area and offers a 24/7 help line.

Phone: **211**

Legal Aid Ontario

<http://www.legalaid.on.ca/>

Provide services best suited to your legal matter. Visit the website to determine if you qualify.

Phone: **1-800-668-8258**

ConnexOntario

<https://www.connexontario.ca/en-ca/>

Free and confidential health services information for people experiencing problems with alcohol and drugs, mental illness or gambling by connecting them with services in their area.

Phone: **1-866-531-2600**

Atlohsa Native Family Healing Services

<https://atlohsa.com/>

Provide strengths-based healing and wellness supports, Indigenous led-programs and services, access to Knowledge Keepers and land based-healing.

24 Hour Crisis Line: **1-800-605-7477**

First Nations and Inuit - Hope for Wellness Help Line

<https://www.hopeforwellness.ca/>

The Hope for Wellness Help Line offers immediate mental health counselling and crisis intervention 24/7 to all Indigenous peoples across Canada. Experienced and culturally competent Help Line counsellors offer counselling in English, French and on request phone counselling may be available in Cree, Ojibway and Inuktitut.

Phone: **1-855-242-3310**

Canada Suicide Prevention Service

<https://talksuicide.ca/>

Connect to a crisis responder to get help without judgement.

Phone (24/7/365): **1-833-456-4566**

Text (4pm-midnight): **45645**

Reach Out - 24/7 Confidential Helpline

<https://reachout247.ca/>

A free, 24/7, confidential mental health and addictions support and services line for people living in London and the counties of Elgin, Middlesex, and Oxford.

Connect by phone or text at **519-433-2023** or access the web chat

Good2Talk - 24/7 Confidential Helpline

<https://good2talk.ca/>

Free 24-hour confidential support services for post-secondary students in Ontario.

Phone: **1-866-925-5454**

Text: **GOOD2TALKON** to **686868**

LGBT Youthline

<https://www.youthline.ca/>

Confidential, non-judgmental and informed LGBTQQ2SI peer support.

Text: **647-694-4275** (Sun-Fri, 4:00 PM - 9:30 PM)

Live Chat: Sun - Fri, 4:00 PM - 9:30 PM

Email: **askus@youthline.ca**

Trans Lifeline

<https://translifeline.org/>

The Trans Lifeline provides trans peer support; run by and for trans people.

Phone: **1-877-330-6366**

Fem'aide

<https://femaide.ca/>

If you are a Francophone woman struggling with violence, call the 24/7 Fem'aide support line.

Phone or Text **1-877-336-2433** or access their live chat.

Mental Wellness Education

A Comprehensive Overview of Mental Health Disorders

<https://www.cprcertified.com/comprehensive-overview-of-mental-health-disorders>

Trustworthy information on alcohol/drug abuse, depression, bipolar disorder, anxiety, ADHD, eating disorders, bullying, abuse, etc.

Evidence Exchange Network for Mental Health and Addictions

<https://kmb.camh.ca/eenet/resources>

The latest research in mental health and addictions in a digestible format.

How to Be Happy - New York Times Guide

<https://www.nytimes.com/guides/well/how-to-be-happy>

A guide for how we can make small changes in our behaviour, our surroundings and our relationships that can help set us on course for a happier life.

How to Meditate - Buddhist Meditation Basics

<https://how-to-meditate.org/>

Learn the basics of Buddhist meditation to help you overcome your stress and find some inner peace and balance.

How to Meditate - New York Times Guide

<https://www.nytimes.com/guides/well/how-to-meditate>

Basic meditation tips that can reduce stress, increase calmness and clarity and promote happiness.

International Students and Wellness

<https://iwellness.uwo.ca/>

Information and advice regarding 7 important and interacting dimensions of health and wellness.

JED Foundation Mental Health Resource Centre

<https://jedfoundation.org/mental-health-resource-center/>

Essential information about common emotional health issues and shows young adults how they can support one another, overcome challenges, and make a successful transition to adulthood.

London-Middlesex Suicide Prevention Council

<https://suicidepreventionml.ca/>

Provide information about suicide and connects you to training programs for suicide prevention.

Meditation for Beginners: 20 Practical Tips for Understanding the Mind

<https://zenhabits.net/meditation-guide/>

Tips that can help get you started and continue with meditation.

Mental Illness & Addiction Index

<https://www.camh.ca/en/health-info/mental-illness-and-addiction-index>

Get informed with clear, reliable information about mental illness and addiction, including treatment and recovery.

Mindfulness and Metta-Based Trauma Therapy

<https://mmtt.ca/?profile=sdcc>

Learn and practice therapeutic principles and exercises related to mindfulness and metta-based approaches to therapy to improve your self-regulation and help you recover from trauma and stressor-related disorders.

Mindyourmind

<https://mindyourmind.ca/>

Interactive tools and innovative resources to help build mental health and wellness capacity and resilience.

Supporting Student-Athlete Mental Wellness

<https://www.ncaa.org/sports/2016/11/3/supporting-student-athlete-mental-wellness.aspx>

Web-based educational modules to help normalize and destigmatize mental health help seeking and promote mental wellness and resiliency for university athletes.

Ultimate Guide to Mental Health and Education Resources for Kids and Teens

<https://onlinecounselingprograms.com/become-a-counselor/resources/ultimate-guide-to-mental-health-and-education-resources/>

Resources on mental health, learning, and other related topics from sexual identity to study skills to assist in social, academic, behavioural and emotional development.

What is Counselling?

https://iwellness.uwo.ca/emotional_wellness/about_counselling/index.html

Answers to commonly asked questions about counselling.

Living with worry and anxiety amidst global uncertainty

https://www.psychologytools.com/assets/covid-19/guide_to_living_with_worry_and_anxiety_amidst_global_uncertainty_en-us.pdf

A free guide to help you manage your worries and anxieties during uncertain times when they may become all-encompassing.

The Trevor Project

<https://www.thetrevorproject.org/get-help/>

Information on topics including coming out, sexual orientation, gender identity, suicide, etc.

Psychological Services & Counselling

CMHA Middlesex

<https://cmhatv.ca/programs-services/>

Various programs and services such as brief counselling sessions, the community outreach and support team, family support services, the substance use program and many more.

Family Services Thames Valley

<https://www.fstv.ca/>

Counselling and support services for individuals and families who may be experiencing relationship difficulties, issues adjusting to life transitions or are living with a developmental disability.

First Episode Mood and Anxiety Program (FEMAP)

<https://www.lhsc.on.ca/femap-first-episode-mood-and-anxiety-program/femap-patients-families-visitor>

A program designed for young adults who have concerns with anxiety or their moods.

First Nations Counselling

<https://www.firstnationscounselling.com/>

Culturally-immersed support and access to psychotherapy and counselling services.

CMHA Bereavement Services

<https://cmhatv.ca/find-help/bereavement-services-program/>

Available to anyone grieving the loss of a loved one as a result of suicide or overdose. The bereavement counsellor supports you through developing coping strategies, reducing isolation, integrating your loss and regaining your well-being.

Local Support Services

<https://www.anovafuture.org/support/local-resources/>

Resources local to London that provide support to a variety of individuals including women experiencing abuse.

Walk-in Centres

Canadian Mental Health Association (CMHA)

<https://cmhatv.ca/>

The Crisis Centre provides 24/7 walk in support for individuals experiencing a mental health and/or addictions crisis.

Address: **648 Huron Street, London, ON**

Atlohsa Native Family Healing Services

<https://atlohsa.com/>

Provide strengths-based healing and wellness supports, Indigenous led-programs and services, access to Knowledge Keepers and land based-healing. It's open Monday to Friday from 9:00am-5:00pm.

Address: **343 Richmond Street, London, ON**

Mission Services of London

<https://missionservices.ca/help/>

If you need a safe place to stay, need to get off the street, need clothing and household items, are new to Canada, suffer from addiction, are anxious and/or afraid, etc.

Address: **4-797 York Street, London, ON**

Réseau-Femmes du Sud-Ouest de l'Ontario

<https://rfsoo.ca/>

Resources for women in distress, professional women, newcomer women to Ontario and for well-being and mental health. Their offices are open Monday to Friday from 9:00am-4:30pm.

Address: **201 King St, London, ON**

Youth Opportunities Unlimited

<https://www.you.ca/youth-centres>

Provide a multitude of services for youth ages 16-24 who are experiencing or at risk of experiencing homelessness in London. Check out all the locations and their hours on the website.

Zhaawanong 24-hr Emergency Women's Shelter

<https://atlohsa.com/pages/zhaawanong>

Provides Indigenous-led shelter and support for First Nations women and their children who are at risk of violence, abuse and/or homelessness.

Address: **256 Hill St. London, ON.**

Self-Help Apps

Mindshift CBT

<https://www.anxietycanada.com/resources/mindshift-cbt/>

Is anxiety getting in the way of your life? MindShift® CBT helps you learn to relax and be mindful, develop more effective ways of thinking, and use active steps to take charge of your anxiety. An additional feature, the community forum, enables you to find and offer peer-to-peer support. Get the tools to tackle worry, panic, perfectionism, social anxiety and phobias.

Headspace

<https://www.headspace.com/>

Headspace is a meditation app that focuses on training your mind and applying mindfulness to everyday activities. The Take 10 program is free and takes 10 minutes per day to complete. It gets you to focus on your breathing and environment, enhancing self-awareness. Headspace has meditation for everything from relationships to depression, self-esteem and stress.

SAM

<https://www.mindgarden-tech.co.uk/>

SAM is a Self-help Anxiety Management app that logs and graphs your anxiety levels to show any patterns in your anxiety. SAM also includes a button called "Help for anxiety NOW," which gives you instant advice, a breathing exercise and a nature photograph to help you feel at peace.

Breath2Relax

<https://appadvice.com/app/breathe2relax/425720246>

Breath2Relax is a stress management tool that provides information on the effects of stress on the body and instructions and exercises to help users learn the stress management skill, diaphragmatic breathing. Breathing exercises have been documented to decrease the body's stress response and help with mood stabilization, anger control, and anxiety management.

MoodFit

<https://www.getmoodfit.com/>

Great for tracking anxiety and triggers and offers guidance to change negative thoughts. It also helps with identifying and managing trends with relation to mood swings, meal tracking, sleep tracking, etc. Everything is customizable to your personal needs.

BeSafe

<https://besafeapp.ca/>

A mobile app that helps young adults create a safety plan, connect with the right resources and access helpful regional resources to prepare if they find themselves in a crisis. This app supports youth through the process of reaching out when it feels overwhelming by making the process to finding the right help quick and easy.

Physical Wellness

Campus Resources

Student Health & Wellness Services

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

Access to services including birth control information, allergy injections & immunizations, flu shots, sexually transmitted disease testing and more.

Wellness & Wellbeing

<https://www.uwo.ca/health/>

Students can access resources to book a health or wellness appointment, for counselling supports, for group care and workshops, for peer to peer support, for sexual violence support and to enhance wellness.

Food Support Services

<https://westernusc.ca/services/food-support-services/>

A USC student service dedicated to relieving hunger among undergraduate students, helping to enable the full participation of students facing barriers of food insecurity. Food support services provide resources on foodbanks and offer a confidential food hamper service during the school year.

FRESH

<https://www.freshu.ca/>

Food Resources and Education for Student Health. Includes recipes, information from a dietitian and cooking tips.

Western Dietitian Services

<https://www.facebook.com/WesternDietitianServices/>

Contact the dietitian for a virtual or in-person nutrition counselling session.

UWO Nutrition Services

<https://nutrition.uwo.ca/>

Nutrition resources regarding a variety of topics including Frosh 15, alcohol, trans fats, high energy drinks, labelling and more. Also, information about having a food allergy and other resources.

Net Nutrition

<https://netnutrition.cbord.com/nn-prod/UWO>

An online tool that can help you make smart, healthy choices in the dining hall. Use it to view the daily menu options and year-round items in the servery.

Ask Anne

<https://nutrition.uwo.ca/askanne.cfm>

Ask nutrition services your nutrition-related questions

Trans Care Team

<https://www.uwo.ca/health/psych/LGBTTIQQ2SA+.html>

The trans care team comprises a group of clinicians from Health & Wellness support teams who work together to provide specialized psychological counselling and medical care to students in a 2SLGBTQIA+ affirmative environment.

UWO Campus Recreation

<https://www.uwo.ca/campusrec/>

See information about the recreation centre's schedules, memberships, programs, intramurals and sport clubs.

Intramural Leagues

<https://www.uwo.ca/campusrec/intramurals/index.html>

Take part in intramural sports to meet new people, enjoy friendly competition and learn new skills.

Accessibility at Western

<https://accessibility.uwo.ca/>

Support services, academic information, bursaries and scholarships, housing, transportation, technology and communications and answers to frequently asked questions.

Dental

<https://uccdental.ca/>

Located in room 35 in the UCC building.

Chiropractor

<https://www.westernchiropractic.ca/>

Non-invasive, manual therapy that treats dysfunctions related to the nerves, joints, bones, muscles, ligaments and tendons.

Located in room 49 in the UCC Building.

Fowler Kennedy Sport Medicine Clinic

<https://www.fowlerkennedy.com/>

Resources and services such as physiotherapy, massage therapy, custom bracing and more for students to access.

Optometrist

<https://campusvision.com/>

Located in room 36C in the UCC building.

SERT

<https://sert.uwo.ca/>

The student emergency response team are certified emergency medical responders. SERT also offers Red Cross certified first aid courses.

H.A. Leeper Speech & Hearing Clinic

<https://www.uwo.ca/fhs/csd//haleeper/index.html>

Audiology and speech-language pathology services.

HIV Testing

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

Western partners with the London InterCommunity Health Centre's Options Clinic to provide anonymous HIV testing. There are also other facilities that offer HIV testing on campus and in the community that can be accessed, but that may not be anonymous.

UWO Let's Clear the Air Here

https://www.uwo.ca/hr/safety/well_being/wellness/clear_the_air/index.html

If you are a smoker who wishes to quit, supports are available here.

Food Support

London Food Bank

<https://www.londonfoodbank.ca/>

Special hours only open to university and college students are 10:00 AM to 12:00 noon on Saturdays, remember to bring your student card or other proof of enrollment.

Meal Calendar and Food Bank List

https://www.informationlondon.ca/31/Meal_Calendar_Food_Bank_List/

This calendar provides dates and locations of free or low-cost hot meals and lists food banks and food depots throughout London that are available to people in need.

Mission Services of London

<https://missionservices.ca/help/>

Services for if you need a safe place to stay, need to get off the street, need clothing and household items, are new to Canada, suffer from addiction, are anxious and/or afraid and more.

My Sisters' Place

<https://cmhatv.ca/mysistersplace/>

A safe, welcoming and inclusive centre that supports and provides services to individuals who identify as women that may have experienced gender-based violence, trauma, mental/physical health challenges, homelessness or housing instability, substance use, and extreme poverty.

Unlock Food

<https://www.unlockfood.ca/en/default.aspx>

Find dietitians in your area and information on nutrition, healthy eating and other popular topics.

Youth Opportunities Unlimited

<https://www.you.ca/youth-centres>

Provide a multitude of services for youth ages 16-24 who are experiencing or at risk of experiencing homelessness in London.

General Health

City of London Parks

<https://london.ca/living-london/parks-facilities/parks>

Information on parks, playgrounds, skateboard parks, community gardens and commercial fitness activities in city parks.

Middlesex London Health Unit

<https://www.healthunit.com/>

Information on a variety of health topics, clinics and classes provided for Middlesex-London residents.

Ontario Ministry of Health

<https://www.health.gov.on.ca/en/>

Information regarding Ontario Health Insurance, Ontario wait times, and prescription drug benefits.

Healthy Canadians

<https://www.canada.ca/en/services/health.html>

Health information about food and nutrition, diseases, vaccination, drugs and health products, product safety, health and safety, healthy living, Indigenous health, the health system and science, research and data.

Ontario 211: Community and Social Resources

<https://211ontario.ca/search/>

Find resources on various topics including homelessness, financial assistance, health care, LGBTQ+, newcomers, disabilities, abuse/assault and more.

Rainbow Health Ontario

<https://www.rainbowhealthontario.ca/>

A LGBT2SQ+ friendly health or social service provider directory, a relevant and reliable resource library, and a trans health knowledge base consisting of answers to frequently asked questions.

Trans Health Care, London InterCommunity Health Centre

<https://lihc.on.ca/programs/transhealthcare/>

The Trans Health Team provides care for trans and non-binary clients in London.

Telehealth Ontario

<https://health811.ontario.ca/static/guest/home>

Safe, high-quality care and health advice 24/7.

Phone: **811**

Healthy Eating Habits and Body Image

Adult Eating Disorders Service (AEDS)

<https://www.lhsc.on.ca/adult-eating-disorders-service-aeds/the-adult-eating-disorders-service>

A community-based program that meets the needs of adults who require treatment for anorexia nervosa, bulimia nervosa and other eating disorders.

Hope's Garden

<https://hopesgarden.org/>

An eating disorder resource and support centre where you can share your experiences in a safe and supportive environment.

National Eating Disorders Association

<https://www.nationaleatingdisorders.org/>

Supports individuals and families affected by eating disorders, provides preventative information and programs, and connects individuals to quality treatment and care.

National Eating Disorder Information Centre

<https://nedic.ca/>

Provide information, resources, referrals and support to Canadians affected by eating disorders.

Physical Activity

Canadian Physical Activity Guidelines

<https://csepguidelines.ca/guidelines/adults-18-64/>

Recommendations for physical activity, sedentary behaviour and sleep to obtain optimal health benefits and live your best life.

DAREBEE

<https://darebee.com/programs.html>

Various workouts, exercise programs, challenges and guides.

Sports Nutrition

<https://coach.ca/coachs-kitchen>

Recipes for what to eat and drink before, during and after training or competition for optimal sport performance.

Sexual Health

Action Canada for Sexual Health & Rights

<https://www.actioncanadashr.org/>

Find sexual health services near you, call the access line at **1-888-642-2725** to ask questions about sexual health, pregnancy options, abortion and safer sex, and access the sexual health information hub.

Middlesex-London Health Unit: Sexual Health

<https://www.healthunit.com/sexual-health>

Birth control information, clinics, LGBTQ2+ service providers, STI information and other resources.

Middlesex-London Health Unit: STI clinic

<https://www.healthunit.com/sexually-transmitted-infection-clinic>

To book an appointment call **519-663-5317**, Monday to Friday from 8:30 a.m to 4:30 p.m. and press “0” to speak with a Client Service Representative.

Sexual Health Ontario

<https://sexualhealthontario.ca/en/home>

A variety of sexual health information from sexually transmitted infections (STIs) to contraception and fertility.

Sex & U

<https://www.sexandu.ca/>

A trusted resource for sexual and reproductive health information.

Sexual Violence Counselling

<https://www.anovafuture.org/support/sexual-violence-counselling/>

Individual and group counselling available to women and gender non-conforming people in London who have experienced childhood or adult sexual violence.

Phone: **519-642-3000**

Substance Use

Alcoholics Anonymous

<https://www.aa.org/>

A free program for anyone with a desire to stop drinking.

Counterpoint Needle and Syringe Program

<https://www.hivaidconnection.ca/community/community-programs/safe-needle-disposal#:~:text=Carepoint%20and%20Counterpoint%20Needle%20and%20Syringe%20Program&text=All%20services%20of%20the%20Counterpoint,equipment%20for%20safer%20drug%20use.>

Free and confidential services including counselling, free condoms and other equipment for safer drug use. Located at **446 York Street, London, ON** and open Monday-Friday 9:00 a.m. to 5:00 p.m.

Smokers' Helpline

<https://www.smokershelpline.ca/>

Personalized tools to help you quit smoking successfully.

Saying When

<https://campusmentalhealth.ca/interviews/minimizing-harmful-alcohol-use-campus-free-app-camh/>

This app helps people analyze their drinking patterns and moderate their drinking. Students can privately track drinks and urges, set weekly goals and view progress and strategies for success.

RainyDaze Harm Reduction Games

<http://plato.algonquincollege.com/umbrellaproject/rainydaze/#/welcome>

Online harm reduction games focused on reducing the problematic effects of alcohol and other drug use.

Start your Recovery

<https://startyourrecovery.org/about-us>

Relatable and reliable information for people who are dealing with substance use issues that can be used at any stage of their recovery journey.

Thames Valley Addiction and Mental Health Services

<https://cmhatv.ca/>

Community-based supports and services for individuals living in London and the counties of Elgin, Middlesex, Oxford and South Huron.

Self-Help Apps

Breath2Relax

<https://appadvice.com/app/breathe2relax/425720246>

Breath2Relax is a stress management tool that provides information on the effects of stress on the body and instructions and exercises to help users learn the stress management skill, diaphragmatic breathing. Breathing exercises have been documented to decrease the body's stress response and help with mood stabilization, anger control, and anxiety management.

Calm

<https://www.calm.com/>

Calm is a leading app for meditation and sleep. Calm's guided meditations, sleep stories, breathing programs, masterclasses, and relaxing music help you experience lower stress, less anxiety and more restful sleep.

Social Wellness

Campus Resources

Recreational Sports Clubs

https://www.uwo.ca/campusrec/sport_clubs/index.html

An opportunity for the Western Student Community to further their recreational experience in the sports and physical activity in which they feel passionate about.

USC Clubs List

<https://westernu.campuslabs.ca/engage/organizations>

UWO Student Experience

<https://studentexperience.uwo.ca/>

Leadership & learning, sports & recreation and wellness & wellbeing resources.

Dispute Resolution Centre

https://law.uwo.ca/legal_clinics/dispute_resolution_centre/

A free mediation service that helps their clients resolve their disputes and conflicts quickly and effectively.

USC Inclusive Programming

<http://westernusc.ca/inclusivity-programming/>

Support services aimed specifically at addressing issues and promoting representation in terms of LGBTQ+ resources, gender, cultural groups and accessibility on campus.

Wellness and Equity

<https://www.edi.uwo.ca/>

Resources for students on equity, diversity & inclusion (EDI), toolkits, online learning opportunities and more.

Office of the Ombudsperson

<https://www.uwo.ca/ombuds/>

The Office of the Ombudsperson assists students with preventing, managing and resolving difficult situations. They suggest various strategies for managing conflicts and challenges.

Human Rights Office

<https://www.uwo.ca/hro/>

The Human Rights Office supports Western's respectful and inclusive working and learning environment by providing advice and guidance on Western's Non-Discrimination and Harassment policy.

Allyship Network

<https://www.facebook.com/AllyshipNetworkUSC/>

USC's Allyship Network works to create a more inclusive campus, with a focus on understanding and celebrating campus diversity.

Indigenous Services

<https://indigenous.uwo.ca/students/>

Access the suggestion box, tutor support, orientation support, the Indigenous admission access category, financial supports and the indigenous self-identification survey.

Western Pride

https://www.uwo.ca/faculty_staff/pride.html

Features pride events held on campus and pride resources.

UWO Pride Library

<https://www.uwo.ca/pridelib/>

Accessible materials by and about the LGBTQ+ community, located in the D.B. Weldon Library.

PrideUSC

<https://www.facebook.com/PrideWesternUSC/>

USC's Pride Western provides programming, services and advocacy for undergraduate students and the broader 2SLGBTQIA+ community at Western.

Spectrum

<https://westernu.campuslabs.ca/engage/organization/spectrum>

Spectrum is a student-run club that works to bring students together for the common goal of building a safe space for LGBTQIA+ students on campus and creating a social network through various events and socials throughout the year.

Western EngiQueers

<https://www.facebook.com/WesternEngiQueers>

A student-run undergraduate engineering club that promotes and celebrates diversity, specifically focused on members of the LGBTQ+ community.

Get REAL Western

<https://www.facebook.com/getrealuwo/>

A group of university students who speak to high schools and middle schools about unlearning homophobia and embracing differences in everyone.

Other Resources

Human Rights Campaign

<https://www.hrc.org/>

The Human Rights Campaign's goal is to ensure that every LGBTQ+ person is free to live their life openly, with their equal rights ensured. They provide resources on a variety of topics including coming out.

International & Exchange Student Centre

<https://www.iesc.uwo.ca/>

Resources and information regarding being a new student, visa and permits, student life and programs and services.

Cross-Cultural Learner Centre

<https://www.lcclc.org/settlement-programs>

Various services for newcomers to Canada including orientation services, settlement services, language services, employment services, interpretation and translation, and community connections.

LGBTQ2SI Support

Opening the Circle

<http://www.openingthecircle.ca/services/providers/9>

LGBT2Q+ peer support groups and other services.

Coming Out Over Coffee

<https://www.rainbowhealthontario.ca/service-provider-directory/family-service-thames-valley/>

A casual open discussion group for individuals over the age of 19 who identify as LGBTQ2+ or who are questioning. The group takes place every 2nd & 4th Tuesday of the month from 6:30pm to 8:00pm at **Family Service Thames Valley , 125 Woodward Avenue, London.**

Southwest Healthline

<https://www.southwesthealthline.ca/listServices.aspx?id=10455>

Programs, services and health care resources that provide specialized social and emotional supports, advocacy and community-building for people who are LGBTQ+.

Trans Health Care, London InterCommunity Health Centre

<https://lihc.on.ca/programs/transhealthcare/>

The Trans Health Team provides care for trans and non-binary clients in London.

Trans Lifeline

<https://translifeline.org/>

The Trans Lifeline provides trans peers support; run by and for trans people

Phone: **1-877-330-6366**

LGBT Youthline

<https://www.youthline.ca/>

Confidential, non-judgmental and informed LGBTTTQQ2SI peer support.

Text: **647-694-4275** (Sun-Fri, 4:00 PM - 9:30 PM)

Live Chat: Sun - Fri, 4:00 PM - 9:30 PM

Email: **askus@youthline.ca**

LGBTQ+ Friendly Resources

<https://www.healthunit.com/lgbtq-resources>

Services include counsellors and therapists, esthetic services, legal services, social services and support groups.

pflagcanada

<https://pflagcanada.ca/>

Support for Canadians with issues of sexual orientation, gender identity and gender expression.

Pride London

<https://www.pridelondon.ca/>

Pride London Festival serves the LGBT2QSIA community of London throughout the year as well as hosts an annual pride parade.

Rainbow Health Ontario

<https://www.rainbowhealthontario.ca/>

Access a 2SLGBTQ+ friendly health and social service provider directory, a relevant and reliable resource library, and a trans health knowledge base consisting of answers to frequently asked questions.

Queer Events

<https://www.queerevents.ca/>

Queer Events (QE) is a local 2SLGBTQ+ organization committed to working towards a strong, inclusive and accessible Queer community.

Environmental Wellness

Campus Resources

Centre for Environment and Sustainability

<https://www.uwo.ca/enviro/>

Environmental and sustainable research across a broad spectrum of disciplines to foster environmental education.

Western Energy Dashboard

<https://energy.uwo.ca/enteliweb/earthright#/campus>

Check out UWO campus energy usage and green facts about buildings on campus.

UWO Let's Clear the Air Here

https://www.uwo.ca/hr/safety/well_being/wellness/clear_the_air/index.html

If you are a smoker who wishes to quit, supports are available here.

Waste Reduction Western

https://sustainability.uwo.ca/Campus/waste_reduction/index.html

Learn how to improve Western's sustainability with waste.

Changing tables at Western

https://www.uwo.ca/campus_life/family/stations.html

Find locations of breastfeeding stations and baby change tables on Western's campus.

Off-Campus Housing

<https://offcampus.uwo.ca/>

View rental listings, access off-campus advisors, or book an appointment. Also access information on Ontario Rental Law, city bylaws, budgeting and rental insurance.

Off-Campus Mediation Service

<https://offcampus.uwo.ca/mediation.cfm>

A free confidential resource which seeks to assist in the speedy resolution of problems which may arise between students and landlords, students and London residents and/or students and other students.

Residence at Western

<https://residence.uwo.ca/>

Information on residence buildings, residence experience, applying to residence and residence resources.

Environment and Sustainability

London Hydro

<https://www.londonhydro.com/>

A local distribution company that services the City of London with the purpose of providing safe, reliable electricity and related services.

Sort it Right City of London

<https://london.ca/living-london/garbage-recycling/recycling>

Learn the accepted recyclables, how to properly sort your blue boxes and the curbside recycling requirements in London.

Explore London

City of London

<https://london.ca/>

Information on living in London, London's government and business and development in London.

City of London Parks

<https://london.ca/living-london/parks-facilities/parks>

Information on parks, playgrounds, skateboard parks, community gardens and commercial fitness activities in city parks.

Things to do in London

<https://www.londontourism.ca/things-to-do/parks-and-nature>

Explore London, Ontario's beautiful parks and natural spaces.

Housing

Youth Opportunities Limited - Housing Services

<https://www.you.ca/housing-services>

A variety of housing programs and services for accessing safe and affordable housing for those experiencing homelessness.

Academic and Career Wellness

Campus Resources

Peer Assisted Learning (PAL)

https://learning.uwo.ca/peer_assisted_learning/

Staffed by trained upper-year learning peers, the PAL Centre gives students the opportunity to get free one-to-one course-specific help and learn effective learning strategies. Open September to April, visit the website to see when course-specific help is available each week. PAL is a great first stop for students seeking tutoring, or students looking for support in a welcoming learning environment.

Learn2Thrive

<https://learning.uwo.ca/Support/learn2thrive/>

This program, in collaboration with colleagues from Health and Wellness, offers students a chance to work on their learning and thriving skills, to achieve academic and personal success. Learn2Thrive is a 10-week program offered during the fall and winter semesters for students in undergraduate or course-based graduate programs who have completed at least one term.

Office of the Ombudsperson

<https://www.uwo.ca/ombuds/>

The Office of the Ombudsperson assists students with preventing, managing and resolving difficult situations. They suggest various strategies for managing conflicts and challenges.

Individual Learning Skills Appointments

https://learning.uwo.ca/Support/individual_counselling.html

Confidential one-on-one appointments with a learning counsellor or specialist who offers help specifically tailored to a student's unique needs and circumstances, to help improve performance or increase efficiency by learning new study strategies.

Mindfulness Moments

<https://learning.uwo.ca/Support/Mindfulness%20and%20Learning.html>

Weekly drop-in mindfulness practices offered live on Zoom to help students relax, recharge and refocus. Mindful Moments occurs from September to April and the 20 minute guided practice occurs on Mondays at 12pm.

Mindfulness for Academic Success (MAS)

<https://learning.uwo.ca/Support/Mindfulness%20and%20Learning.html>

This 6-week group helps students manage academic stress and improve academic focus, year-round. To find out more about this program email **learning@uwo.ca** for dates and how to register. No prior mindfulness experience is necessary to participate.

Learning Development and Success

<https://learning.uwo.ca/>

Resources and supports to help students cope with the demands of post-secondary learning, help identify strengths and develop new skills and strategies for success.

SmartStart Academics

<https://uwo.ca/se/digital/incoming/academic-advantage/ss-academics.html>

Helps students brush up on key high school concepts used in STEM and writing courses. This online program is for incoming first-year students and runs every August on OWL.

SmartStart Learning

<https://uwo.ca/se/digital/incoming/academic-advantage/ss-learning.html>

A self-guided series designed to develop and enhance learning skills and strategies, available anytime for incoming first year students to work through at their own pace.

Learn2Learn

<https://learning.uwo.ca/Support/learn2learn.html>

Four online lessons on time management, lecture learning, textbook reading, and preparing for tests, along with optional in-person events for students looking to connect with fellow first-year students and ask learning-related questions. This is offered in September for any first-year students.

Leadership & Academic Mentorship Program (LAMP)

http://academicsupport.uwo.ca/transition_leadership_enrichment/leadership_programming/leadership_academic_mentorship_program.html

Students in first or second year can request an upper-year peer mentor from their faculty or program to provide academic and social support for a successful transition to and through university life.

Skills Presentations

<https://learning.uwo.ca/presentations/>

Various presentations designed to help students tackle different skills such as time management and studying for exams, throughout the term. There are a number of pre-recorded presentations that students can watch anytime, as well as live presentations offered by members of the LDS team.

Academic Success Program (ASP)- Sport

https://learning.uwo.ca/information_for/western_athletes.html

A specific support for student athletes. ASP-Sport includes specific workshops, academic check-ins, individual appointments, the Study Hub (a space for student-athletes to study, staffed by upper year peers) and the Student Athlete Mentorship Program (SAMP).

Student Support & Case Management

https://www.uwo.ca/health/student_support/student-support-case-manager.html

Student support managers provide outreach, information, resources, referrals, and support to students who are experiencing complex or multifaceted concerns that are impacting on their personal and/or academic life goals.

Research Support

<https://www.lib.uwo.ca/research/index.html>

Work with librarians to get research help and learn research basics such as various citation styles.

Leadership & Learning

<https://studentexperience.uwo.ca/leadershiplearning/>

Find resources on academic support & engagement, careers & experience and transition, leadership & enrichment.

Western Libraries

<https://www.lib.uwo.ca/>

Access the library catalogue for research, information about library services, live chat with a librarian, and more.

Writing Support Centre

<http://writing.uwo.ca/>

Free 50 minute one-on-one appointments either in person or online with a writing advisor that can assist with any academic or professional writing at any stage of the writing process.

Career Education

<https://career.uwo.ca/index.html>

Book a career appointment, attend a career event or workshop, find a job or internship, get help writing a resume, CV or cover letter, prepare for interviews and further your education.

Academic Support and Engagement

<http://academicsupport.uwo.ca/>

Supports students academic, personal and professional growth.

Technology Help

Campus Computer Store UCC

<https://computerstore.uwo.ca/>

Purchase various products, place a custom order, request a quote or ask a question.

Cybersmart UWO

<https://cybersmart.uwo.ca/>

Information about cybersecurity (learn it, protect it, report it).

Western Technology Services

<https://wts.uwo.ca/index.html>

If you need IT help call **519-661-3800** or submit a ticket. Also access to various WTS help services for OWL, Zoom, Teams and many more.

Other Academic Support

Learning Fundamentals for University Students

<http://completestudent.ca/modules/learning-skills/>

A series of modules designed to equip incoming first-year students with transferable academic skills and increase their understanding of expectations to help them thrive during their time in University.

Surviving and Thriving in Academia

<https://www.apa.org/pi/oema/resources/brochures/surviving>

A survival guide to academia for women and members of marginalized groups.

Other Career Development

Career Fundamentals for University Students

<http://completestudent.ca/modules/career-fundamentals/>

A series of models designed to equip undergraduate students with transferable career development skills, increase students' knowledge and provide them with tools related to securing opportunities in the labour market.

Youth Opportunities Unlimited - Career Services

<https://www.you.ca/career-services>

Supports young people in their job search and provides support and opportunities so that all young people can reach their potential.

Financial Wellness

Campus Resources

Financial Aid Counselling

https://registrar.uwo.ca/student_finances/financial_counselling/index.html

Make an appointment with a Student Financial Aid Officer if you have concerns about your educational finances and need to discuss them confidentially. An officer can be accessed via Western Chat or in-person, they are located in room 1120 in the Western Student Services Building.

Student Finances

https://www.registrar.uwo.ca/student_finances/index.html

Find information on OSAP & government loans, fees & refunds, scholarships & awards, bursaries & workstudy, financial counselling, tax receipts, US student funding, first generation students and youth in extended society care.

OSAP

https://www.registrar.uwo.ca/student_finances/osap_government_loans/ontario_student_assistance_program_osap.html

Find all information about the Ontario Student Assistance Program here.

Bursaries & Workstudy

https://registrar.uwo.ca/student_finances/bursaries_workstudy.html

Assistance for students from low income families to help them overcome financial barriers and food insecurity to succeed academically at Western and in their eventual entrance into the workforce.

Western USC Health Plan

<https://westernusc.ca/services/health-plan/>

Eligible full-time, undergraduate students are automatically enrolled as plan members to both the USC Health and Dental plans which are designed to supplement provincial health care and meet students' needs.

Western Connect

<https://connect.uwo.ca/home.htm>

Start designing your student experience, on Western Connect. You can find job postings and internships/cop-ops, add to your co-curricular record and more.

Food Support Services

<https://westernusc.ca/services/food-support-services/>

A USC student service dedicated to relieving hunger among UWO undergraduate students, helping to enable the full participation of students facing barriers of food insecurity. Food support services provide resources on foodbanks and offer a confidential food hamper service during the school year.

Food

London Food Bank

<https://www.londonfoodbank.ca/>

Special hours only open to university and college students are 10:00 AM to 12:00 noon on Saturdays, remember to bring your student card or other proof of enrollment.

Meal Calendar and Food Bank List

https://www.informationlondon.ca/31/Meal_Calendar_Food_Bank_List/

The meal calendar provides dates and locations of free or low-cost hot meals. Also a list of food banks and food depots throughout London that are available to people in need.

Mission Services of London

<https://missionservices.ca/help/>

Services for if you need a safe place to stay, need to get off the street, need clothing and household items, are new to Canada, suffer from addiction, are anxious and/or afraid and more.

My Sisters' Place

<https://cmhatv.ca/mysistersplace/>

A safe, welcoming and inclusive centre that supports and provides services to individuals who identify as women that may have experienced gender-based violence, trauma, mental/physical health challenges, homelessness or housing instability, substance use, and extreme poverty.

Unlock Food

<https://www.unlockfood.ca/en/default.aspx>

Find dietitians in your area and information on nutrition, healthy eating and other popular topics.

Youth Opportunities Unlimited

<https://www.you.ca/youth-centres>

Provide a multitude of services for youth ages 16-24 who are experiencing or at risk of experiencing homelessness in London.

Health Plan for International Students

University Health Insurance Plan (UHIP)

<https://uhip.ca/>

Learn what UHIP is, how it works and what services it covers.

Other Services

Legal Aid Ontario

<http://www.legalaid.on.ca/>

Provide services best suited to your legal matter. Visit the website to determine if you qualify.

Spiritual Wellness

Spiritual Wellbeing

<https://www.uwo.ca/health/wellness-equity-education/spiritual-wellbeing.html>

Spiritual wellness is an important dimension of thriving. Here, you will find multi-faith resources to empower, enable and engage you to reflect on your own spirituality, religion, faith, values, ethics, and morals in order to tune into your spiritual self and foster personal well-being.

Counselling

Western Chaplains

<https://faith.uwo.ca/>

The chaplains are here to address the spiritual, religious, faith and ethical needs of university students. If you want to talk, contact the chaplains at **chaplain@uwo.ca**.

Mental Health Support

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

Professional, confidential and free services for students needing assistance to meet their personal, social and academic goals.

Finding Meaningful Connections

USC clubs

<http://westernusc.ca/clubs/>

Information about the clubs at western including how to start a club and a list of the USC clubs.

Indigenous Services

<https://indigenous.uwo.ca/students/>

Access the suggestion box, tutor support, orientation support, the Indigenous admission access category, financial supports and the indigenous self-identification survey.

Finding Spiritual Places

Muslim Students' Association

<https://www.facebook.com/WesternMSA/>

The Muslim Student Association Prayer Room is located in room 38A in the UCC.

Places of Worship in London

https://chaplain.uwo.ca/opportunities_for_worship.html

A list of locations, some close to campus and others elsewhere in London that provide opportunities for worship.

Other resources

Mediation Oasis

<https://www.meditationoasis.com/>

Free guided meditations.

How to Meditate - Buddhist Meditation Basics

<https://how-to-meditate.org/>

Learn the basics of Buddhist meditation to help you overcome your stress and find some inner peace and balance.

How to Meditate - New York Times Guide

<https://www.nytimes.com/guides/well/how-to-meditate>

Basic meditation tips that can reduce stress, increase calmness and clarity and promote happiness.

Headspace

<https://www.headspace.com/>

Headspace is a meditation app that focuses on training your mind and applying mindfulness to everyday activities. The Take 10 program is free and takes 10 minutes per day to complete. It gets you to focus on your breathing and environment, enhancing self-awareness. Headspace has meditation for everything from relationships to depression, self-esteem and stress.

Calm

<https://www.calm.com/>

Calm is a leading app for meditation and sleep. Calm's guided meditations, sleep stories, breathing programs, masterclasses, and relaxing music help you experience lower stress, less anxiety and more restful sleep.

Graduate Student Resources

Campus Resources

Graduate Student Support

https://learning.uwo.ca/information_for/graduate_students.htm

↓

Specific support for graduate students balancing the challenges of taking courses, conducting research, teaching, volunteering, and working on theses. The support includes, targeted presentations and workshops, a PhD planning group, individual appointments, Learn2Thrive in Grad School and the monthly GradUpDATE e-newsletter.

Society of Graduate Students (SOGS)

<http://sogs.ca/>

SOGS is your graduate student advocacy organization and government. Access benefits and support, financial aid, ways to get involved, information about grad life and various resources.

Grad Club

<https://www.uwogradclub.ca/>

A not-for-profit graduate student pub and eatery owned and operated by SOGS. This hub of graduate student life is an academic, social and wellness space that acts as a home away from home for all graduate students.

GradPath

https://grad.uwo.ca/career_development/index.html

Professional development resources for graduate students to invest in their personal and professional growth.

Learn2Thrive in Grad School

<https://learning.uwo.ca/Support/learn2thrive/>

Learn2Thrive in Grad School is a 5-week program for graduate students in the research and writing stage of their program, which offers students a chance to work on their learning and thriving skills, to achieve academic and personal success.

Centre for Teaching and Learning

<https://teaching.uwo.ca/>

Support Western University instructors in creating high quality student-centered learning experiences through orientation, training, mentorship, research and innovation opportunities.

Life & Community

https://grad.uwo.ca/life_community/index.html

Resources on studying, play, planning, connecting and self-care for members of the graduate community to help them thrive personally and professionally.

Employee Well-being

https://uwo.ca/hr/safety/well_being/

Supportive and proactive services and programs to help you be your physical and mental best.

Living Well @ Western

https://uwo.ca/hr/safety/well_being/wellness/living_well/index.html

Free wellness activities that span the seven domains of wellness, intended to maintain and improve employee well-being. These activities include meditation, yoga and more.

SOGS Commissioners

<https://sogs.ca/commissioners/>

The Society of Graduate Students' Commissioners advocate on behalf of marginalized SOGS members including members with disabilities, female, non-binary and trans members, LGBTQIA+ members, and racialized members.

SOGS Food Bank Program

<http://sogs.ca/foodbank/>

Provide assistance through grocery store gift cards to non-TAs who are experiencing extreme financial difficulty that significantly affects their budget for food.

Studentcare

<https://www.studentcare.ca/View.aspx?>

[locale=en&uid=IHaveAPlan_UWOSocietyofGraduateStudentsSOGS_Home&](https://www.studentcare.ca/View.aspx?locale=en&uid=IHaveAPlan_UWOSocietyofGraduateStudentsSOGS_Home&)

Information about health and dental claims, understand the details of your coverage, and mental health and wellness resources.

Other Resources

Mental Health in Grad School

<https://scholarstudioblog.wordpress.com/2016/10/09/mental-health-in-academia/>

Explore a range of articles and resources designed to support graduate students dealing with mental health challenges and to promote overall mental wellness.

PSAC Local 610 Food Bank

<https://www.pfac610.ca/benefits-1>

Financial assistance for medical expenses, food support, childcare assistance, and much more, available for teaching assistants and postdoctoral associates.