

CAMPUS & COMMUNITY SUPPORT RESOURCES

SUPPORT FOR STUDENTS

Good2Talk | 24/7

Mental health support for Ontario post-secondary students, with translation services available in 100+ languages. Crisis support available.

Call: 1-866-925-5454 (reach professional counsellors)

Text: GOOD2TALKON to 686868 (reach trained volunteers)

www.good2talk.ca

Student Counselling Centre

Free on-campus professional counselling for UWindsor students.

Schedule an appointment: email scc@uwindsor.ca or call 519-253-3000 x 4616

Location: CAW Student Centre 293

www.uwindsor.ca/scc

Black Student Support Coordinator

Provides support, advocacy, and referrals to campus and community resources for Black, Caribbean and African students at the University of Windsor. For more information and to access support, please visit:

www.uwindsor.ca/vp-equity-diversity-inclusion/343/black-student-support-coordinator

SUPPORT FOR EMPLOYEES

Please visit UWindsor's Employee Mental Health Resources page to learn more about the Employee and Family Assistance Program that offers free 24/7 professional counselling and support, as well as additional resources that are available: www.uwindsor.ca/humanresources/740/employee-mental-health-resources

SUPPORT FOR STUDENTS & EMPLOYEES

Wellness Together Canada | 24/7

Mental health & substance use counselling and support for anyone living in Canada. Crisis support available.

Call: 1-866-585-0445 (reach professional counsellors)

Text: WELLNESS to 686868 (reach trained volunteers)

www.wellnesstogether.ca

Community Crisis Line | 24/7

Community-based crisis support for anyone 16+ in Windsor-Essex.

Call: 519-973-4435 (reach professional crisis workers)

www.hdgh.org/crisis

Crisis & Mental Wellness Centre

Walk-in crisis support provided by professional crisis workers. Open 7 days/week 8:00 am - 8:00 pm.

744 Ouellette Ave. Windsor, ON

www.hdgh.org/crisismentalwellnesscentre

Hiatus House | 24/7

Provides counselling, supportive programming, and emergency shelter in a safe and secure building for women experiencing abuse and their children.

Call: 519-252-7781

www.hiatushouse.com/

Nisa Homes

Safe and supportive transitional shelter for status and non-status women and children experiencing domestic violence, poverty, homelessness, or seeking asylum.

Call: 1-888-456-8043 ext. 403 (Windsor location)

Email: windsor@nisahomes.com

www.nisahomes.com

Muslim Chaplaincy

Offers faith-based counselling, support, and education to members of the campus community. For more information and to access support, please visit: www.uwindsor.ca/muslimchaplaincy

Office of Sexual Violence Prevention, Resistance, and Support

Campus-based support for all members of the University of Windsor community who have been harmed by sexual violence.

Email: svsupport@uwindsor.ca

www.uwindsor.ca/prevent-resist-support/

PERSONAL SAFETY PLANNING

If you have concerns for your personal safety because of a situation on or off campus that may impact your education or work, a personal safety plan can be developed for any student or employee in need of this support. To initiate the campus safety planning process, please email the Campus Community Police Community Safety Office. Note that Occupational Health and Safety will be contacted by Campus Community Police when the matter involves an employee.

Contact Offices**Campus Community Police**

Students: email Special Constable Alex Smith: Alex.Smith@uwindsor.ca

Faculty & Staff: email Sergeant Michelle Nohra: fara@uwindsor.ca

Occupational Health & Safety

Lisa Kiritsis, Occupational Health and Safety Manager: kiritsis@uwindsor.ca

ADDITIONAL SUPPORT RESOURCES

[Click here](#) for a more comprehensive list of support resources.