

# Reaching out for support

CAMPUS  
care

## Student Counselling Centre

Professional counselling for UWindsor students, available by appointment.

CAW Student Centre 293

### Schedule an Appointment:

[scc@uwindsor.ca](mailto:scc@uwindsor.ca)

[www.uwindsor.ca/scc](http://www.uwindsor.ca/scc)

## Student Health Services

Campus-based health care provided by physicians, nurses, dietician, and referrals to staff psychiatrist, available by appointment.

CAW Student Centre 242

### Schedule an Appointment:

519-973-7002

[www.uwindsor.ca/health](http://www.uwindsor.ca/health)

## Peer Support Centre

Emotional support by trained University of Windsor student volunteers.

CAW Student Centre 291

No appointment needed.

See website for service updates:

[www.uwsa.ca/services/psc](http://www.uwsa.ca/services/psc)

## Office of Sexual Violence Prevention, Resistance & Support

Campus-based support for members of the University community who have had an unwanted or non-consensual sexual experience.

Email: [svsupport@uwindsor.ca](mailto:svsupport@uwindsor.ca)

[www.uwindsor.ca/prevent-resist-support](http://www.uwindsor.ca/prevent-resist-support)

## My Student Support Program | 24/7

Professional counselling for UWindsor students worldwide, available by phone or text in 35+ languages. Can request to speak with a counsellor with identity that aligns with yours (e.g., BIPOC, LGBTQ+, language, culture, etc.).

Download the App: "MySSP"

Call: 1-844-451-9700

[www.mystudentsupport.com](http://www.mystudentsupport.com)

## Wellness Together Canada | 24/7

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

Call: 1-866-585-0445

Text: WELLNESS to 686868

[www.wellnesstogether.ca](http://www.wellnesstogether.ca)

## Good2Talk | 24/7

Mental health support for Ontario post-secondary students.

Call: 1-866-925-5454

Text: GOOD2TALKON to 686868

[www.good2talk.ca](http://www.good2talk.ca)

## Canada Suicide Prevention Service | 24/7

Support for anyone in Canada concerned about suicide.

Call: 1-833-456-4566 (24/7)

Text: 45645 (4:00 pm-midnight EST)

[www.crisisservicescanada.ca](http://www.crisisservicescanada.ca)

## Community Crisis Line | 24/7

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

Call: 519-973-4435

[www.hdgh.org/crisis](http://www.hdgh.org/crisis)

## Sexual Assault Crisis Line | 24/7

Community-based crisis support for anyone in Windsor-Essex with experiences of recent or past sexual violence.

Call: 519-253-9667

[www.saccwindsor.net](http://www.saccwindsor.net)

is always  
**Strong**

## Campus Community Police | 24/7

General assistance, emergency response, crime prevention, etc.

2455 Wyandotte St. W

Non-Emergency: 519-253-3000 Ext. 1234

**Campus Emergency: 519-253-3000 Ext. 4444**

Download the Safe Lancer App: "Safe Lancer"

[www.uwindsor.ca/campuspolice](http://www.uwindsor.ca/campuspolice)

## Windsor Regional Hospital

### Walk-In Crisis Service | 24/7

Walk-in assessments for mental health emergencies and imminent risk to safety.

Windsor Regional Hospital  
Emergency Department  
1030 Ouellette Ave.

SAFETY & EMERGENCIES 911

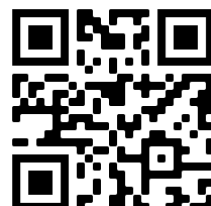
and  
**Resilient**



University  
of Windsor

Student Health, Counselling  
and Wellness Services

Looking for more resources?  
Scan here or visit:  
[uwindsor.ca/wellness](http://uwindsor.ca/wellness)



\*\*\*Due to the pandemic, service delivery and access may change over time.  
Please visit service websites for the most up-to-date information on how to access support\*\*\*

24HR support