


Mental Health & Wellness Resources

~ Free and Confidential ~

Available to Everyone 

Available to Faculty/Staff Only 

Available to Students Only 

Worldwide Access:



My Student Support Program (MySSP) | Phone & Chat | Worldwide 24/7

Professional counselling for UWindsor students, available by phone or chat in 35+ languages. Speak to someone who knows your language and culture.

Within North America Call: 1-844-451-9700

Outside North America Call: 001-416-380-6578

Download the App: MySSP (real-time chat)

[Click here for more information about MySSP](#)



Sexual Misconduct Response & Prevention Office | Worldwide

Support and advocacy for members of the University of Windsor Community who have had an unwanted or non-consensual sexual experience.

Email: svsupport@uwindsor.ca

www.uwindsor.ca/sexual-assault



Therapy Assist Online (TAO) | Virtual Learning Platform | Worldwide 24/7

Access to learning modules that teach about mental health, wellness, coping, and skill development.

[Click here for more information about TAO and to sign up!](#)



UWSA Peer Support Centre | See website for service information

Walk-in emotional support by trained University of Windsor student volunteers.

www.uwsa.ca/services/psc



Naseeha Muslim Youth Helpline | Phone | Primary service is North America, but accessible Worldwide

Peer support providing emotional and social connection through courageous conversations that aim to validate the challenges people experience as a result of mental health concerns. Based out of Mississauga, ON and focuses on North American reach, but available worldwide to anyone with access to using a 1-800 number (long-distance/air time charges may apply). Web therapy with clinicians is also available to those living in Canada (Urdu, Arabic, French, English)

Call: 1-866-627-3342 (12:00 pm – 12:00 am EST 7 days/week)

www.naseeha.org/

Living in Canada



Wellness Together Canada | Phone & Text | 24/7

Mental health & substance use support, as well as an online portal with self-assessments, education, and resources.

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

Text: WELLNESS to 686868 (reach trained volunteers)

www.wellnesstogether.ca



 **Canada Suicide Prevention Service | Phone & Text | 24/7**

Support for anyone concerned about suicide.

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

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

www.crisisservicescanada.ca

 **Crisis Text Line powered by Kids Help Phone | Text | 24/7**

Emotional support for people in crisis provided by trained volunteers.

Text: Home to 686868.

www.crisistextline.ca

 **Trans Lifeline | Phone | 24/7** (operators guaranteed between designated hours based on time zone – see website for more info)

Peer support phone service run by trans people for our trans and questioning peers.

Call: 877-330-6366

<https://translifeline.org/hotline/>

 **Hope for Wellness Help Line | Phone & Chat | 24/7**

Immediate mental health counselling and crisis intervention for all Indigenous peoples across Canada. Services offered in English and French, as well as Cree, Ojibway, and Inuktitut on request.

Call: 1-855-242-3310

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

 **Employee and Family Assistance Program by LifeWorks | Phone, Chat, Email, Online | 24/7**

Immediate and confidential support for UWindsor employees and their families to help resolve work, health, and life challenges. Services include short-term professional counselling, family support, legal support, financial support, naturopathic services, nutritional services, health coaching, and specialized counselling and online programs. Also provides 24/7 support to managers, supervisors, and people leaders to deal with sensitive employee and workplace situations.

Call: 1-844-880-9142 or 1-844-880-9137

TTY: 1-877-338-0275

Download the App: My EAP

Visit: www.workhealthlife.com

www.uwindsor.ca/humanresources/faculty-staff/benefits/employee-assistance-program

Living in Ontario & Nova Scotia

 **Good2Talk | Phone & Text | 24/7**

Mental health support for post-secondary students.

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

Text: GOOD2TALKON to 68686 (reach trained volunteers)

www.good2talk.ca

Living in Ontario



UWindsor Student Counselling Centre | Phone & Video Appointments Only

Professional counselling for UWindsor students, available by appointment.

Mon-Fri 8:30 am-4:30 pm

Email to schedule an appointment: scc@uwindsor.ca

www.uwindsor/scc



UWindsor Student Health Services | Phone Appointments Only

Health services by physicians, nurses, dietician, and referrals to on-staff psychiatrist, available by appointment.

Mon-Fri 9:00 am-5:00 pm

Call to schedule an appointment: 519-973-7002

www.uwindsor.ca/studenthealthservices



AbilitiCBT by Morneau Shepell | Online

Internet-based cognitive behavioral therapy (iCBT) program that you can access from any device, any time. The program is free for the residents of Ontario.

www.myicbt.com/home



LGBT Youthline | Phone, Text, & Chat

Confidential and non-judgmental peer support. Available Sunday to Friday.

Call: 1-800-268-9688 (6:00 pm – 9:00 pm)

Text: 647-694-4275 (4:00 pm – 9:30 pm)

Chat: <https://www.youthline.ca/get-support/ways-we-support/> (4:00 pm – 9:30 pm)

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

Living in Windsor-Essex County



Community Crisis Line | Phone | 24/7

Crisis intervention provided by professional social workers.

Call: 519-973-4435 www.hdgh.org/crisis



Crisis & Mental Wellness Centre | In-Person

Daily walk-in crisis services for Windsor-Essex.

Walk-In: 7 days/week 8:00 am – 8:00 pm; 744 Ouellette Ave., Windsor, ON

www.hdgh.org/transitionalstabilitycentre



Mental Health & Addictions Urgent Care Centre | In-Person

Crisis intervention and support for those experiencing a mental health/addiction crisis or who are having an acute and serious need who are at risk of worsening mental health conditions that may require hospitalization.

Walk-In: Monday – Friday 11:00 am – 7:00 pm; 744 Ouellette Ave., Windsor, ON

<https://www.hdgh.org/mhaucc>



Sexual Assault Crisis Line | 24/7 | Phone

Crisis intervention provided by professional counsellors for anyone in Windsor-Essex who needs support with experiences of recent or past sexual violence.

Call: 519-253-9667

<https://saccwindsor.net/>



Mental Health Emergencies



Windsor Regional Hospital Walk-in Crisis Service | 24/7

Emergency Department located at 1030 Ouellette Ave.

- For any emergency on-campus, call Campus Police: 519-253-3000 ext. 4444
- For emergencies off-campus (in North America), call 911 or go to the nearest hospital emergency department.
- For emergencies outside of North America, contact local emergency services or go to the nearest hospital emergency department.

Additional employee resources: www.uwindsor.ca/humanresources/740/employee-mental-health-resources

Additional student resources: <https://www.uwindsor.ca/studentexperience/wellness>

