

Black Board Template: Wellness Resources Post

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Wellness Resources

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The University of Windsor has many mental health and wellness resources:

24/7 Support:

My Student Support Program (MySSP): Free counselling 24/7 with licensed counsellors, available in 35+ languages via call or text. Download the “MySSP” app, dial 1-844-451-9700, or visit www.mystudentsupport.com. Learn more www.uwindsor.ca/MySSP.

In case of emergency: Contact the Student Counselling Centre, MySSP or Campus Police 519-253-3000 ext. 4444 or dial 911. You can also contact the 24/7 Community Crisis Line: 519-973-4435.

On Campus:

Student Counselling Services: Professional counselling for students by appointment or walk-in during brief initial consultation hours. CAW RM 293 | Open Mon-Fri 8:30am-4:30pm | Walk-in Mon-Fri 1-4pm

Student Health Services: Health services by physicians, nurses, dietician, and referrals to on-staff psychiatrist. CAW Rm 242 | Open Mon-Fri 9am-5pm | 519-973-7002

Peer Support Centre: Walk-in emotional support by trained University of Windsor student volunteers. CAW RM 291 | Mon-Fri 10am-8pm

Self-Care:

Therapy Assistance Online (TAO): Interactive modules available online to learn self-care strategies and life skills. Download the “TAO” app or visit www.uwindsor.ca/TAO.

For more resources and wellness events visit www.uwindsor.ca/wellness.