

# Wellness Resources

[uwindsor.ca/wellness](http://uwindsor.ca/wellness)



## 24 HOUR SUPPORT

### Good2Talk

24/7 helpline for any post-secondary student problems.

1-866-925-5454, [www.good2talk.ca](http://www.good2talk.ca)

### Community Crisis Centre

#### 24/7 Crisis Line

Free, confidential crisis intervention provided by professional crisis workers.

519-973-4435

### 24/7 Walk-in Crisis Service

Windsor Regional Hospital Emergency Department

1030 Ouellette Ave. Windsor

### National Suicide Prevention Line

24/7 support for anyone thinking about or affected by suicide.

1-833-456-4566

## DIGITAL RESOURCES

### TAO: Therapy Assist Online

Online self-care tool with interactive modules to teach you coping and life skills.

Download the app: TAO

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

### Big White Wall

Free, anonymous 24/7 support via an online community of members with shared experiences, monitored by clinical professionals.

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

### Safe Lancer App

Campus police safety app with Virtual Walkhome, emergency alerts, access to campus resources, safety toolbox, and more.

Download the app: Safe Lancer

### Be Safe App

Free, confidential app which can be used to store important phone numbers, and create a personal safety plan.

Download the app: Be Safe

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

## ON-CAMPUS RESOURCES

### Peer Support Centre

A safe, inclusive space that provides free, confidential walk in emotional support by trained University of Windsor student volunteers.

CAW Student Centre, Room 291

Mon-Fri 10am-8pm (Fall & Winter semesters only)

[www.uwsa.ca/uwsa-services/peer-support-centre](http://www.uwsa.ca/uwsa-services/peer-support-centre)

### Student Health Services

Confidential healthcare for University of Windsor students provided by a team of physicians, nurses, and dietitian. Referrals available to an on staff psychiatrist.

CAW Student Centre Room 242

Mon-Fri 9am-4pm (closed 12-1pm)

519-973-7002

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

### WalkSafe

Free accompaniment by student volunteers when walking to your car or home from campus at night. Available to any campus community member or visitor.

CAW Student Centre Room 233

Mon-Thurs 7pm-1am

519-253-3000 Ext. 3504

[www.uwsa.ca/uwsaservices/walksafe](http://www.uwsa.ca/uwsaservices/walksafe)

### Student Counselling Centre

Free, confidential counselling provided by professional therapists for all students.

CAW Student Centre Room 293

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

Walk-In hours: Mon-Fri 1-4pm (Check website for most current hours)

519-253-3000 Ext. 4616

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

### Sexual Misconduct Response & Prevention Office

Free, confidential support for members of the University community who have had an unwanted or non-consensual sexual experience.

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

[www.uwindsor.ca/sexual-assault](http://www.uwindsor.ca/sexual-assault)

\*For 24-hour support outside the University call Sexual Assault

Crisis Line: 519-253-9667  

### Campus Community Police

24/7 policing service provided to the University of Windsor community.

General assistance, emergencies, crime prevention, & emergency preparedness planning.

Safe Lancer App: see Digital Resources

2455 Wyandotte St. W

519-253-3000 Ext. 1234

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



For a calendar with all wellness events & activities  
download the **GoLancer** app or visit  
[uwindsor.ca/wellness/events](http://uwindsor.ca/wellness/events)

## FRIENDLY SPACES

### Womxn's Centre

CAW Room 208, [womxnctr@uwindsor.ca](mailto:womxnctr@uwindsor.ca)

### Turtle Island Aboriginal Education Centre

CAW Room 179, [turtleisland@uwindsor.ca](mailto:turtleisland@uwindsor.ca)

### Multi-Faith Space

CAW Basement, [www.uwindsor.ca/389913/multi-faith-space](http://www.uwindsor.ca/389913/multi-faith-space)

### Campus Pride Centre - 2SLGBTQIA+ Space

CAW Student Centre, 2nd Floor, Room 260 (follow the footprints from the Boardroom - Room 277), [campuspride@uwindsor.ca](mailto:campuspride@uwindsor.ca)

## ACADEMIC & BASIC NEEDS

### Student Accessibility Services

Individualized support and accommodations for students with disabilities (e.g. learning disabilities, vision/hearing/mobility impairments, chronic medical disabilities, mental health etc.). Support provided for temporary and permanent disabilities.

Dillon Hall Room 117, lower level

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

519-253-3000 Ext. 6172

TTY 519-973-7091

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

### Academic Advising

Guidance with changing programs, understanding degree audits, dealing with academic difficulties, and more.

Walk-in 10am-11:30am, 2pm-4pm

Dillon Hall Rm 111

[www.uwindsor.ca/success/advising](http://www.uwindsor.ca/success/advising)

### UWSA Food Pantry

Free food supplies

CAW Room 233

Check website for hours:

[www.uwsa.ca/uwsa-services/campus-food-pantry](http://www.uwsa.ca/uwsa-services/campus-food-pantry)

## OFF CAMPUS RESOURCES

### Crisis and Mental Wellness Centre

Free, confidential walk-in services provided by professional mental health support workers.

744 Ouellette Ave., Windsor

Open 7 days a week 8am-8pm

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

### Teen Health Centre

Confidential healthcare, nutrition counselling, and individual/group therapy provided by a community health care team for youth age 12 to 24.

1361 Ouellette Ave. Suite #101

519-253-8481

[www.wechc.org/teenhealth\\_home](http://www.wechc.org/teenhealth_home)

### Bulimia Anorexia Nervosa Association

Eating disorder treatment, counselling, relapse prevention groups, and nutrition workshops.

1-855-969-5530

[www.bana.ca/clinical-services](http://www.bana.ca/clinical-services)

### Canadian Mental Health Association

Free mental health services including one to one counselling, therapy groups, substance use programs, and bereavement groups.

1400 Windsor Ave., Windsor

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

519-255-7440

[www.windsorsex.cmha.ca/services](http://www.windsorsex.cmha.ca/services)

### Southwest Ontario Aboriginal Health Access Centre

Services for Aboriginal peoples including traditional healings and clinical services.

519-916-1755

### W.E. Trans Support

2SLGBTQIA+ friendly socials and services including group therapy, 2 spirit healings, food bank, and support groups.

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

### Windsor Pride Community

2SLGBTQIA+ friendly socials and services. See website for list of 2SLGBTQIA+ community services.

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

## HOW TO SUPPORT SOMEONE

### Be There

A website designed by youth for youth, to provide the tools to support others with their mental health through tutorial videos, testimonials, and answers to commonly asked questions.

[www.bethere.org](http://www.bethere.org)

### Care Alert

An online form to notify the University Assessment and Care Team of a student who you are concerned about in order to help them develop a personal care plan. Fill out the online form:

[www.uwindsor.ca/studentexperience/304/care-alert](http://www.uwindsor.ca/studentexperience/304/care-alert)

Can't find the resource you are looking for?  
Visit [uwindsor.ca/wellness](http://uwindsor.ca/wellness) or [211ontario.ca](http://211ontario.ca)