



24/7 Emergency Assistance

If concerned about your own or another person's safety, including if someone is experiencing thoughts of suicide and can no longer stay safe, call the Special Constable Service at **519.253.3000 ext. 4444**.

Off-campus call **9-1-1** or attend **Windsor Regional Hospital Emergency Department** (1030 Ouellette Ave., Windsor, ON).

24/7 GreenShield EAP

Employee Assistance Program
professional support (including crisis)
for employees and immediate family
call 1-833-707-4747

Noojimo all-Indigenous virtual mental
wellness clinic (via EAP)
call the Office Auntie at 1-833-277-5678

24/7 Crisis Lines

9-8-8 Suicide Help Line
trained responder support
call or text 9-8-8 (988.ca)

Community Crisis Line (Windsor)
professional support
call 519-973-4435 (hdgh.org/mhaucc)

Crisis Text Line (by Kids Help Phone)
trained volunteer support
text CONNECT to 686868 (crisistextline.ca)

Walk-In Support (downtown Windsor)

Mental Health & Addictions Urgent
Crisis Centre

1030 Ouellette Ave., Windsor
(adjacent to the Goyeau Street
entrance of Windsor Regional Hospital
Ouellette Emergency Department)
8am-8pm, 7 days/week
(hdgh.org/mhaucc)

Sexual Violence Survivor Support

Sexual Assault Crisis Line (Windsor, 24/7)
call 519-253-9667 (saccwindsor.net)

Office of Sexual Violence Prevention,
Resistance, and Support (UWindsor)
email svsupport@uwindsor.ca
(uwindsor.ca/prevent-resist-support)

Muslim Support

Naseeha Mental Health Helpline (24/7)
culturally competent Muslim mental
health support
also available to non-Muslims
call or text 1-866-627-3342
(naseeha.org)

2SLGBTQIA+ Support

Trans Lifeline (Monday-Friday, 1-9PM EST)
peer support for trans people
call 1-877-330-6366
(translifeline.org/hotline)

LGBT Youthline
Sunday-Friday 4-9:30pm EST | ages 16-29
peer support (no crisis support)
text 647-694-4275
chat at youthline.ca

Indigenous Support

Hope for Wellness Help Line (24/7)
trained counsellors
call 1-855-242-3310
chat at hopeforwellness.ca

Talk4Healing (24/7)
for and by Indigenous women
call or text 1-855-554-HEAL (4325)
**chat at beendigen.com/programs/
talk4healing**

**emergency
resources**



**employee
mental
health
resources**



**employee
mental
health
benefits**



*seeking support
is a sign of strength!*