

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 TELUS Health EAP

Employee Assistance Program professional support (including crisis) for employees and immediate family
1-844-880-9142 or **1-844-671-3327**
TTY **1-877-338-0275** | Français **1.855.360.5485**
online: **one.telushealth.com**
username: **EAP-uwindsor**
password: **EAP**

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/crisis)

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

Walk-In Support (downtown Windsor)

Crisis & Mental Wellness Centre
736-744 Ouellette Ave., Windsor
7 days/week 8am-8pm
(hdgh.org/crisismentalwellnesscentre)

Mental Health & Addictions
Urgent Care Centre
744 Ouellette Ave., Windsor
M-F 11am-7pm (hdgh.org/mhaucc)

2SLGBTQIA+ Support

Trans Lifeline (24/7)
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**

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)

**emergency
resources**



**employee
mental
health
resources**



**employee
mental
health
benefits**



*seeking support is
a sign of strength!*