

UWindsor Employee Mental Health Resources

IN WINDSOR-ESSEX

**Windsor Regional Hospital Walk-in
Crisis Service (24/7)**
Hospital Emergency Department
1030 Ouellette Ave.

Community Crisis Line (24/7)
professional crisis support, ages 16+
519-973-4435 hdgh.org/crisis

**In-Person Crisis & Mental
Wellness Centre**
Walk-in weekdays 8am-10pm,
8am-8pm on weekends
736-744 Ouellette Ave.
hdgh.org/crisismentalwellnesscentre

**In-Person Mental Health &
Addictions Urgent Care Centre**
Walk-in M-F 11am-7pm
744 Ouellette Ave. hdgh.org/mhaucc

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

Windsor-Essex County Health Unit
mental health resources
wechu.org/mental-health

**Canadian Mental Health
Association Windsor-Essex**
professional mental health
services (non-crisis)
519-255-7440
windsoriessex.cmha.ca

211 Southwest Ontario
dial **211** for information on local
community and social services
211southwest.ca

Emergency Assistance (24/7): If you are concerned about your own or another person's safety, including if someone is experiencing thoughts of suicide and can no longer stay safe, please seek **emergency assistance**. For immediate on-campus assistance, call the UWindsor Special Constable Service emergency extension **519-253-3000 ext. 4444** (non-emergency ext. 1234). Off campus, call **911** or attend **Windsor Regional Hospital Emergency Department**, 1030 Ouellette Ave., Windsor, ON.

PROVINCIAL & NATIONAL HELP LINES

9-8-8 Suicide Help Line
Call or text **988** (24/7)
trained responder support for anyone in Canada **988.ca**

Crisis Text Line powered by Kids Help Phone
trained volunteers | available to anyone in Canada
Text CONNECT to **686868** (24/7) crisistextline.ca

Connex Ontario
Call **1-866-531-2600** (24/7) for information and referrals
related to mental health, addiction, and problem gambling resources
connexontario.ca

Trans Lifeline (24/7)
Available to trans people in North America
Call **1-877-330-6366** for peer support | translifeline.org/hotline

Hope for Wellness Help Line (24/7)
for Indigenous peoples across Canada | trained counsellors
in English, French, Cree, Ojibway, and Inuktitut on request
Call **1-855-242-3310** | Chat at hopeforwellness.ca

LGBT Youthline (Sunday to Friday, 4pm-9:30pm)
peer support staff ages 16-29 | no crisis support
Text **647-694-4275** | Chat at youthline.ca

Naseeha Mental Health Helpline (12pm-3am 7 days/week)
Call/text **1-866-627-3342** | culturally competent Muslim mental health
support available to Muslims or non-Muslims in Canada
web therapy & resources: naseeha.org

Talk4Healing (24/7)
Help, support, and resources for and by Indigenous women in Ontario
Crisis line: **1-888-200-9997**
Call or text **1-855-554-HEAL (4325)** | 14 languages
Live chat: beendigen.com/programs/talk4healing

UWINDSOR-SPECIFIC

**Employee Assistance Program Telus
Health One**
(formerly Lifeworks)
1-844-880-9142 OR 1-844-880-9137
TTY 1-877-338-0275
uwindsor.ca/humanresources/efap

**Office of Sexual Violence
Prevention, Resistance, and Support**
available to all at UWindsor
svsupport@uwindsor.ca
uwindsor.ca/prevent-resist-support

ONLINE RESOURCES

Telus Health CBT
Internet-based cognitive
behavioural therapy (iCBT)
accessible from home
myicbt.com

**Centre for Addiction and
Mental Health (CAMH)**
online resources on mental
health and addictions topics
camh.ca