

# 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](http://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](http://hdgh.org/crisismentalwellnesscentre)

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

**Sexual Assault Crisis Line (24/7)**  
**519-253-9667** [saccwindsor.net](http://saccwindsor.net)

**Windsor-Essex County Health Unit**  
Mental health resources  
[wechu.org/mental-health](http://wechu.org/mental-health)

**Canadian Mental Health Association Windsor-Essex**  
professional mental health services (non-crisis)  
**519-255-7440**  
[windsor.essex.cmha.ca](http://windsor.essex.cmha.ca)

**211 Southwest Ontario**  
Dial **211** for information on local community and social services  
[211southwest.ca](http://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

**Talk Suicide Canada**  
Call **1-833-456-4566** (24/7) or Text **45645** (4pm-midnight EST)  
trained volunteer support [talksuicide.ca](http://talksuicide.ca)

**9-8-8 Suicide Help Line**  
\*available as of Nov. 30, 2023 (24/7)

**Crisis Text Line powered by Kids Help Phone**  
Trained volunteers. Text CONNECT to **686868** (24/7) [crisistextline.ca](http://crisistextline.ca)

**Wellness Together Canada (24/7)**  
Free mental health & substance use counselling + crisis support  
Call **1-866-585-0445** for professional counsellors  
Text **WELLNESS** to **741741** for trained volunteers  
[wellnesstogether.ca](http://wellnesstogether.ca) for online portal with resources

**Trans Lifeline (24/7)**  
Call **1-877-330-6366** for peer support | [translifeline.org/hotline](http://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](http://hopeforwellness.ca)

**LGBT Youthline (Sunday to Friday, 4pm-9:30pm)**  
peer support | Text **647-694-4275** | Chat at [youthline.ca](http://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  
web therapy & resources: [naseeha.org](http://naseeha.org)

**Talk4Healing (24/7)**  
Help, support, and resources for and by Indigenous women  
Call or text **1-855-554-HEAL (4325)** | 14 languages  
Live chat: [beendigen.com/programs/talk4healing](http://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](http://uwindsor.ca/humanresources/efap)

**Office of Sexual Violence Prevention, Resistance, and Support**  
available to all at UWindsor  
[svsupport@uwindsor.ca](mailto:svsupport@uwindsor.ca)  
[uwindsor.ca/prevent-resist-support](http://uwindsor.ca/prevent-resist-support)

**Therapy Assistance Online**  
Virtual Learning Platform:  
Access to learning modules on mental health, wellness, coping, and skills development  
[taoconnect.org](http://taoconnect.org)

## ONLINE RESOURCES

**Telus Health CBT**  
Internet-based cognitive behavioural therapy (iCBT)  
accessible from home  
[myicbt.com](http://myicbt.com)