**Black Board Template: Mental Health & Wellness Resources Post**

**[Message]**

**The University of Windsor has many mental health and wellness resources available to students. If you are looking for support, please reach out.**

**24/7 Support:**

**My Student Support Program (MySSP):** Free 24/7 counselling with licensed counsellors, available worldwide to University of Windsor students in 35+ languages via call or text. Download the “MySSP” app, call 1-844-451-9700, or visit www.mystudentsupport.com. Learn more [www.uwindsor.ca/MySSP](http://www.uwindsor.ca/MySSP).

**Wellness Together Canada:** Free 24/7 mental health and substance use counselling with licensed counsellors. Call 1-866-585-0445 or visit [www.wellnesstogether.ca](http://www.wellnesstogether.ca)

**Good2Talk:** Free 24/7 mental health counselling with licensed counsellors for post-secondary students living in Ontario and Nova Scotia. Call 1-866-925-5454

**Community Crisis Line:** Community-based crisis support for anyone living in Windsor-Essex County. Call 519-973-4435

**In case of emergency**: Contact Campus Police 519-253-3000 ext. 4444 for on-campus emergencies, call 911 for off-campus emergencies, or attend the Windsor Regional Hospital Walk-In Crisis Service in the Emergency Department, 1030 Ouellette Avenue.

**Campus Care:**

 **Student Counselling Services:** Professional counselling for students by appointment. CAW RM 293 | To set up an intake appointment, email scc@uwindsor.ca

**Student Health Services**: Health services by physicians, nurses, dietician, and referrals to on-staff psychiatrist. CAW Rm 242 | To set up an appointment, call 519-973-7002

**Peer Support Centre:** Drop-in emotional support by trained University of Windsor student volunteers. Please see website for most up-to-date service information: <https://uwsa.ca/services/psc/>

**Self-Care:**

 **Therapy Assistance Online (TAO):** Interactive modules available online to learn self-care strategies and

skills to support your well-being. Download the “TAO” app or visit [www.uwindsor.ca/TAO](http://www.uwindsor.ca/TAO).

**For more resources and wellness events visit www.uwindsor.ca/wellness.**