

IT
MATTERS
THAT
YOU'RE
HERE.



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Student Health, Counselling
and Wellness Services



a collection
of truths for
tough days.




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YOUR EMOTIONS MATTER.





**YOUR
TRUTH
MATTERS.**



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**YOUR
PAIN
MATTERS.**



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EVERYTHING
that
YOU HAVE
SURVIVED
MATTERS.



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**YOUR
STRENGTH
& COURAGE
MATTER.**



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YOUR VOICE MATTERS.



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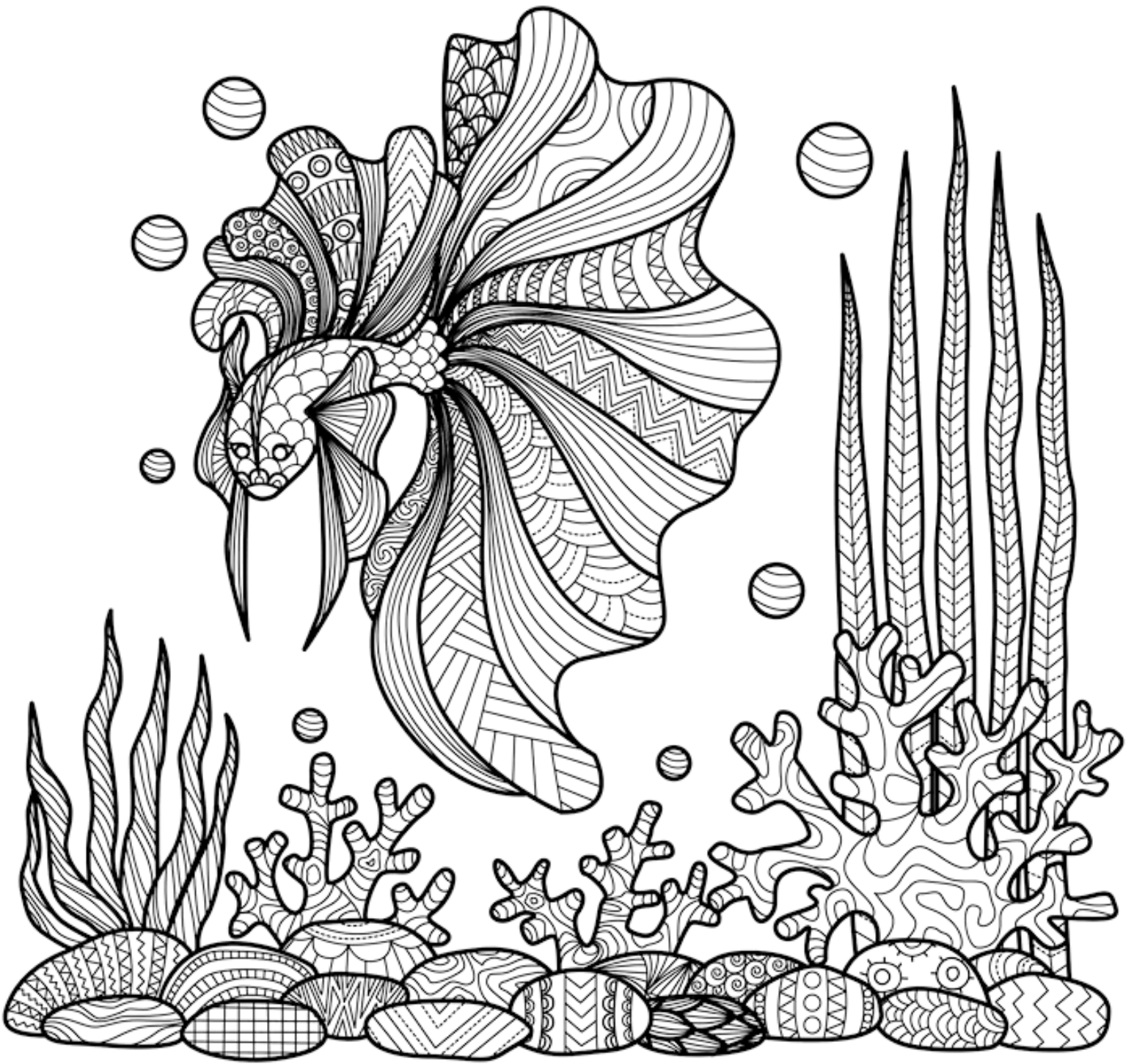


**YOUR
HEALING
MATTERS.**



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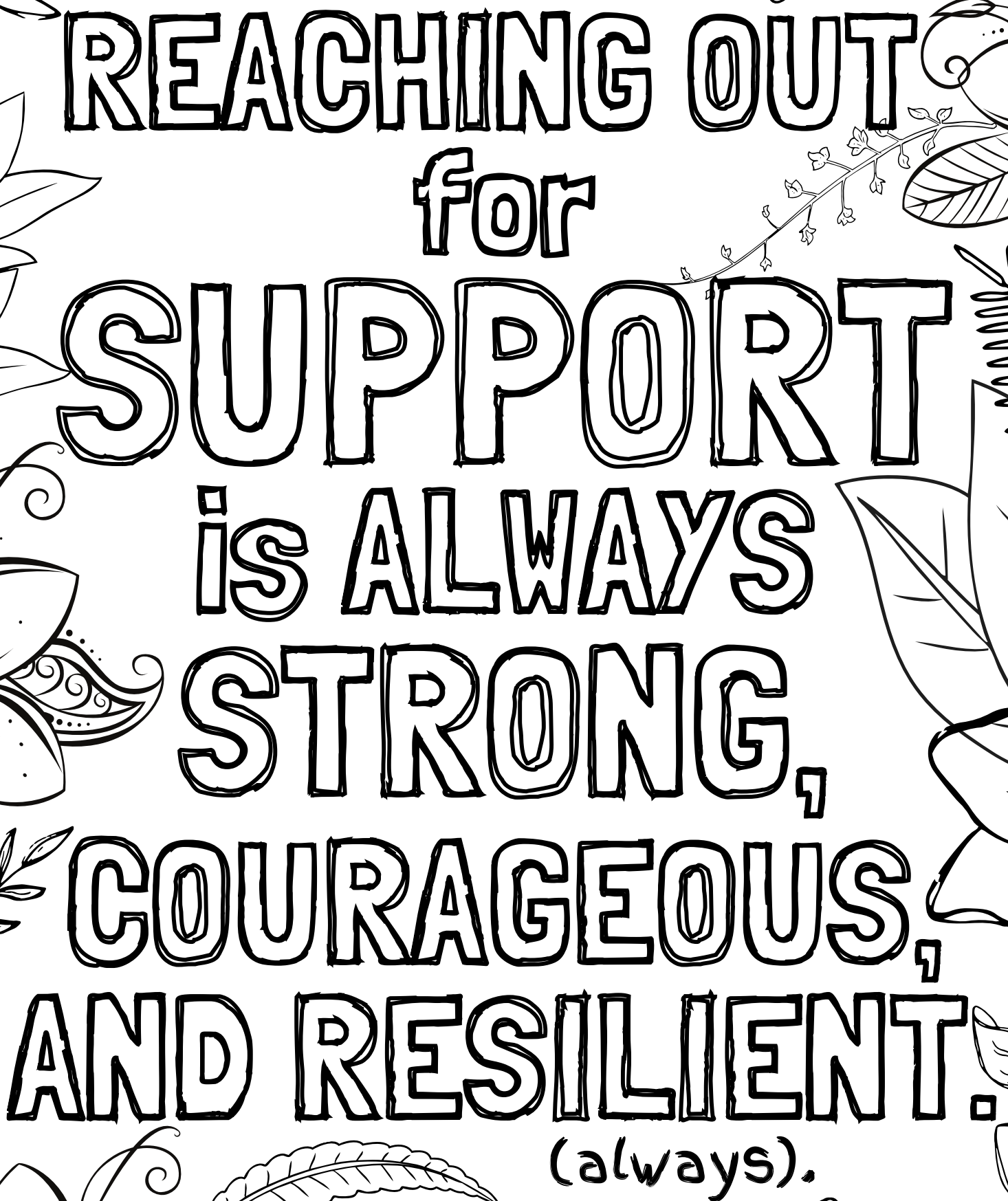


ALL OF WHO YOU
ARE MATTERS.



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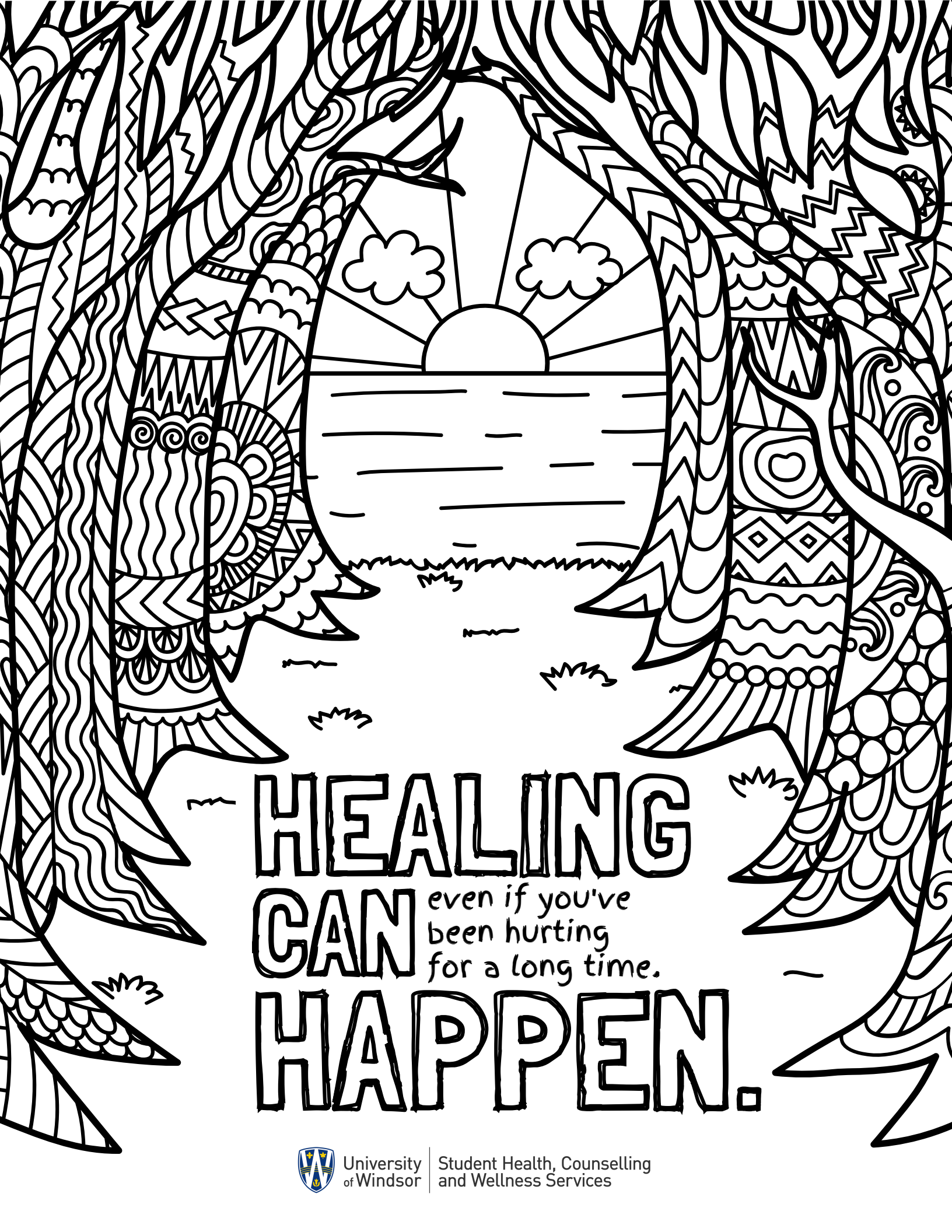


REACHING OUT
for
SUPPORT
is ALWAYS
STRONG,
COURAGEOUS,
AND RESILIENT.
(always).



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**HEALING
CAN** even if you've
been hurting
for a long time.
HAPPEN.



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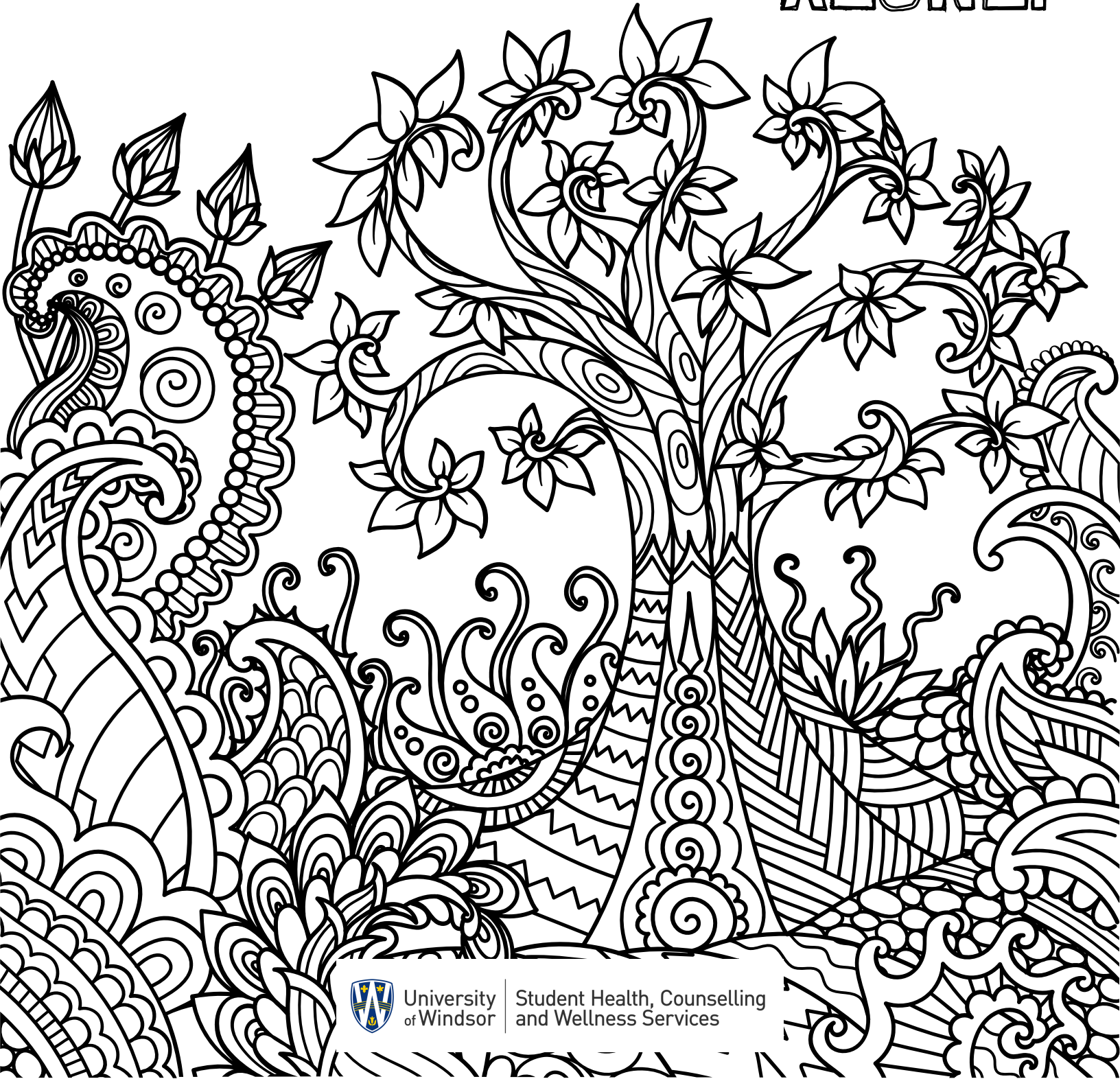
**WHAT
YOU'RE
EXPERIENCING
MATTERS.**



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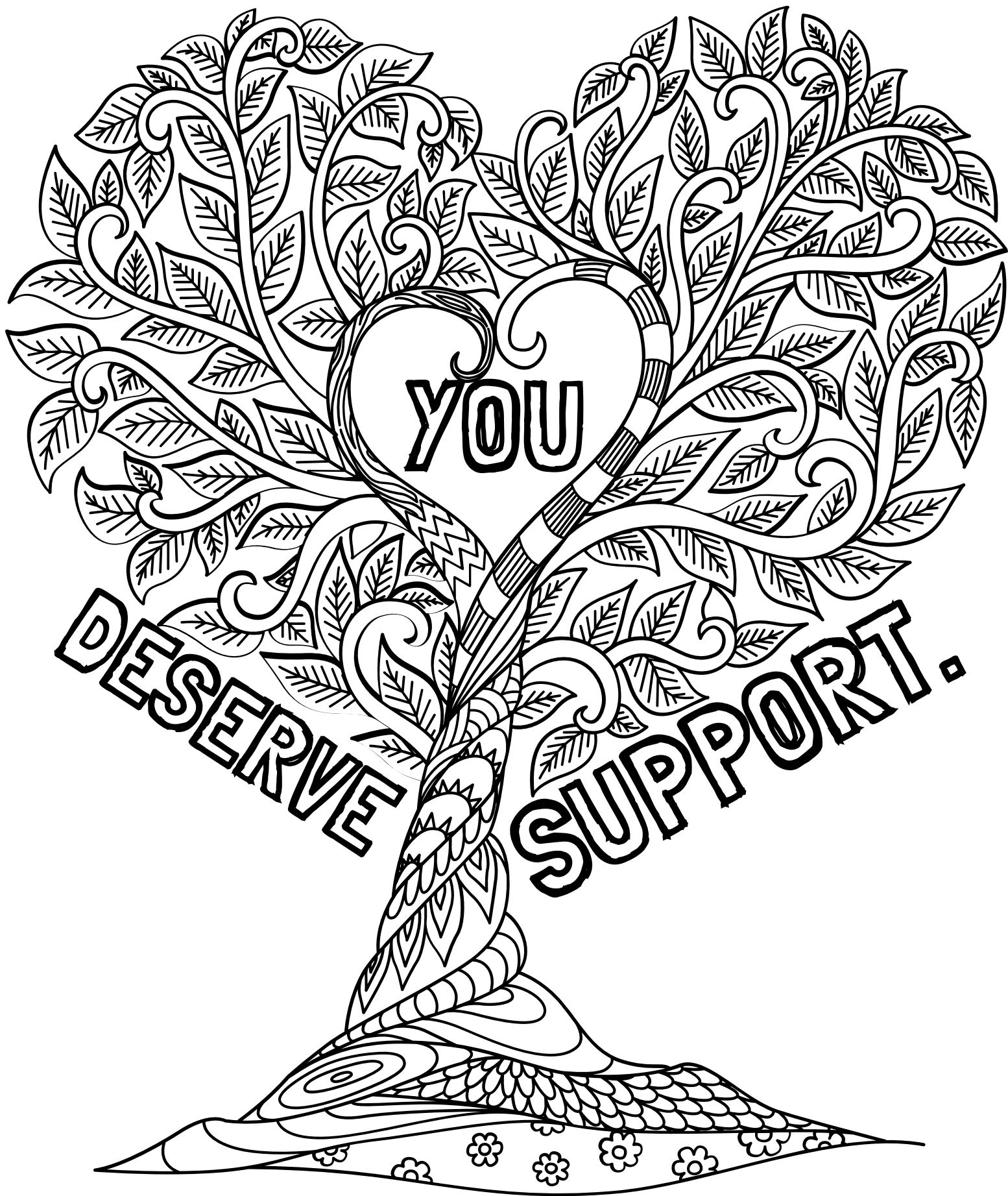
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YOU DON'T HAVE to
FACE THIS PAIN
ALONE.



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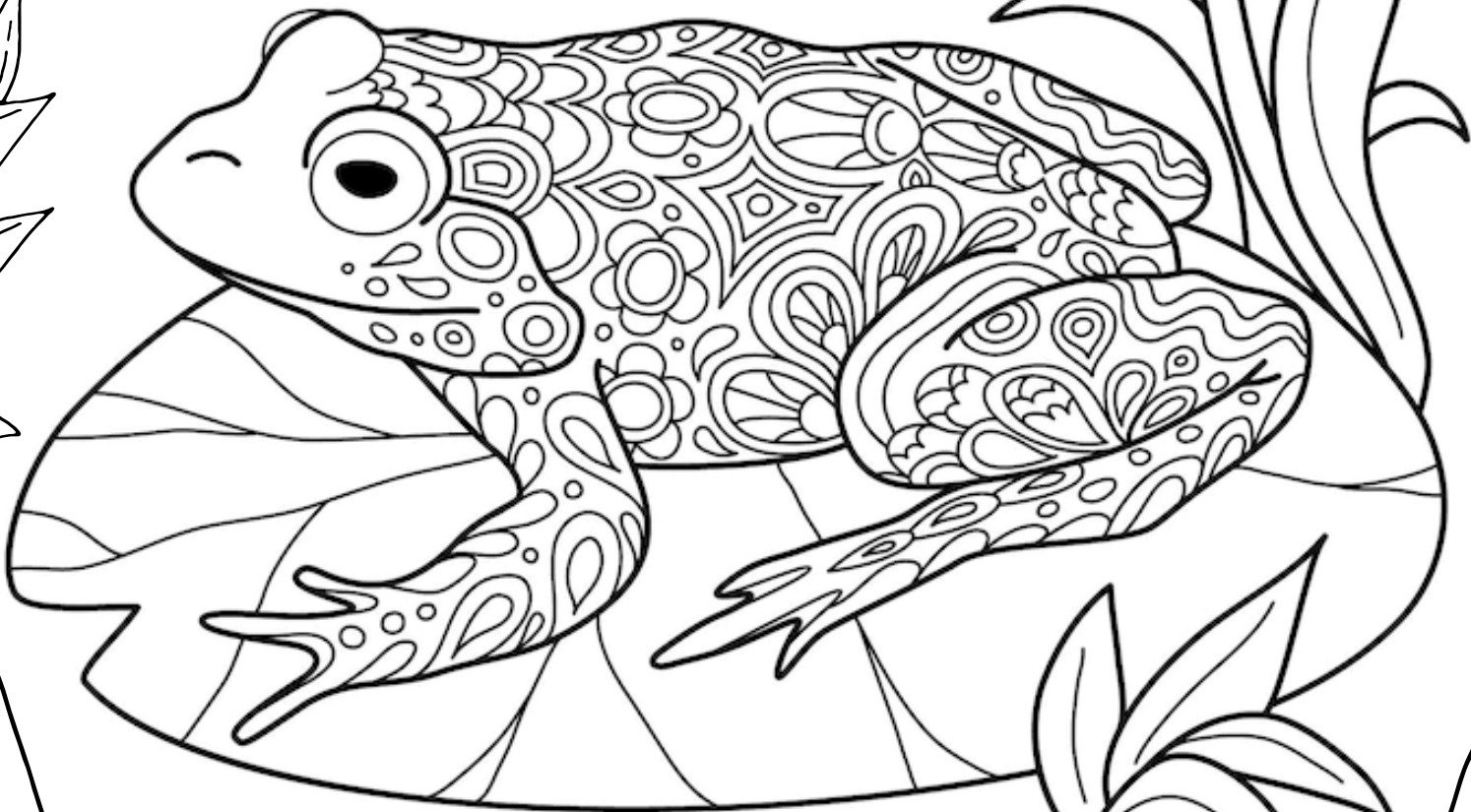
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YOU DESERVE SAFETY.



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YOU DESERVE HEALING.



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**YOU
DESERVE to
KNOW
that SOMEONE
CARES.**



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YOUR LIFE MATTERS.



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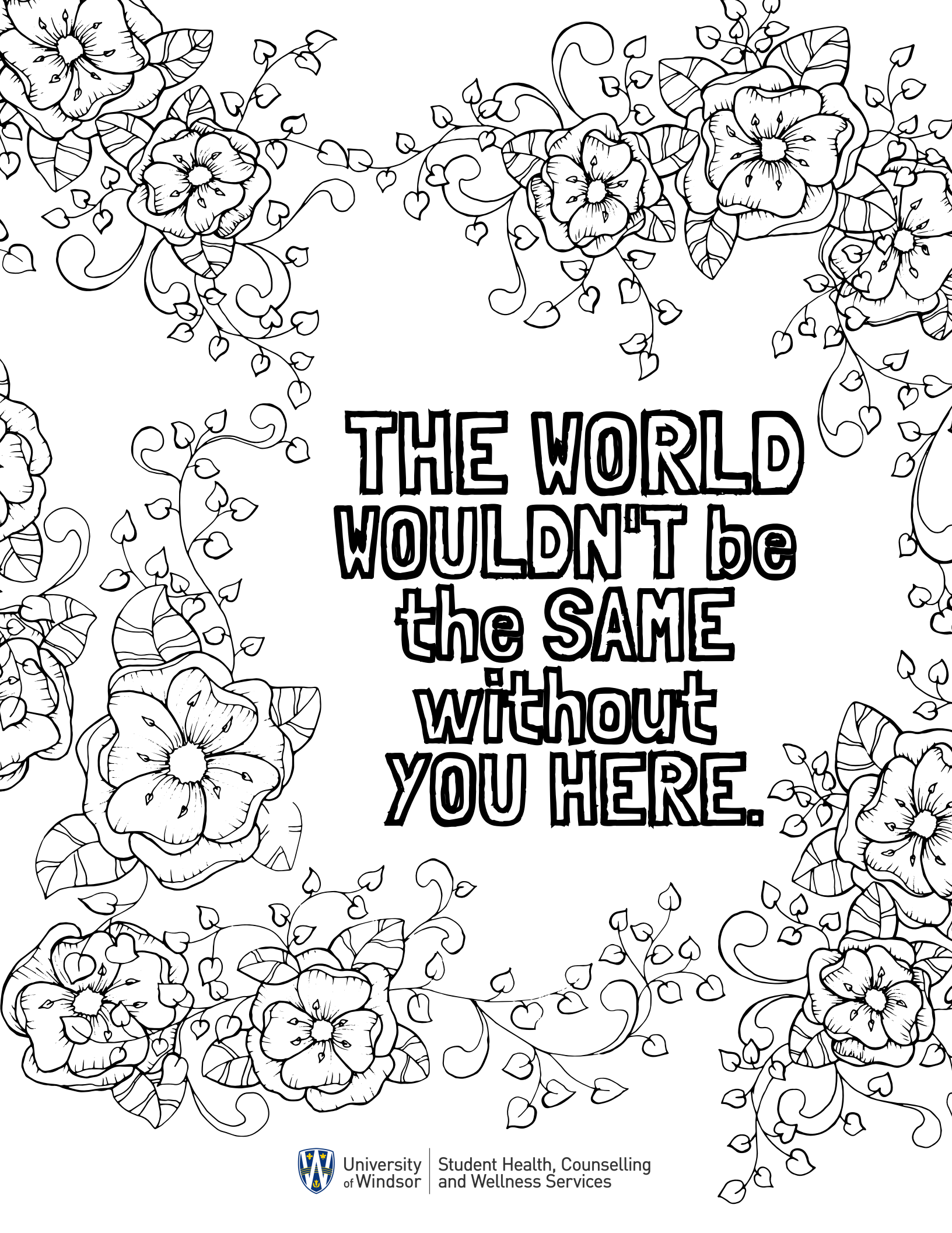


**YOU
MATTER.**



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**THE WORLD
WOULDN'T be
the SAME
without
YOU HERE.**



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**YOU are
WORTH
FIGHTING
FOR.**



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YOU
are HERE.



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Student Counselling Centre

Professional counselling for UWindsor students, available by appointment.

CAW Student Centre 293.
Schedule an Appointment:
scc@uwindsor.ca
519-253-3000 x 4616
www.uwindsor.ca/scc

Peer Support Centre

Drop-in emotional support by trained University of Windsor student volunteers.

CAW Student Centre 291
No appointment needed.
www.uwsa.ca/services/psc

My Student Support Program | 24/7

Professional counselling for UWindsor students worldwide, available by phone or app-based chat in 35+ languages. Can request to speak with a counsellor with identity that aligns with yours (e.g., BIPOC, LGBTQ+, language, culture, etc.).
Call: 1-844-451-9700

Download the App: "MySSP"
www.mystudentsupport.com

Good2Talk | 24/7

Mental health support for Ontario post-secondary students.

Call: 1-866-925-5454
Text: GOOD2TALKON to 686868
www.good2talk.ca

Wellness Together Canada | 24/7

Mental health & substance use counselling and support for anyone living in Canada.

Call: 1-866-585-0445
Text: WELLNESS to 686868
www.wellnesstogether.ca

Community Crisis Line | 24/7

Community-based crisis support for anyone in Windsor-Essex.

Call: 519-973-4435
www.hdgh.org/crisis

Sexual Assault Crisis Line | 24/7

Community-based crisis support for anyone in Windsor-Essex with experiences of recent or past sexual violence.

Call: 519-253-9667
www.saccwindsor.net

Student Health Services

Campus-based health care provided by physicians, nurses, dietician, and referrals to staff psychiatrist, available by appointment.

CAW Student Centre 242.
Schedule an Appointment: 519-973-7002
www.uwindsor.ca/health

Office of Sexual Misconduct Prevention, Resistance, and Support

Campus-based support for members of the University community who have had an unwanted or non-consensual sexual experience.

Email: svsupport@uwindsor.ca
www.uwindsor.ca/prevent-resist-support

WE'RE
HERE
FOR
YOU. YOU
MATTER
to please
reach
US. out.

Talk Suicide Canada | 24/7

Support for anyone in Canada concerned about suicide.

Call: 1-833-456-4566 (24/7)
Text: 45645 (4:00 pm-midnight EST)
www.crisisservicescanada.ca

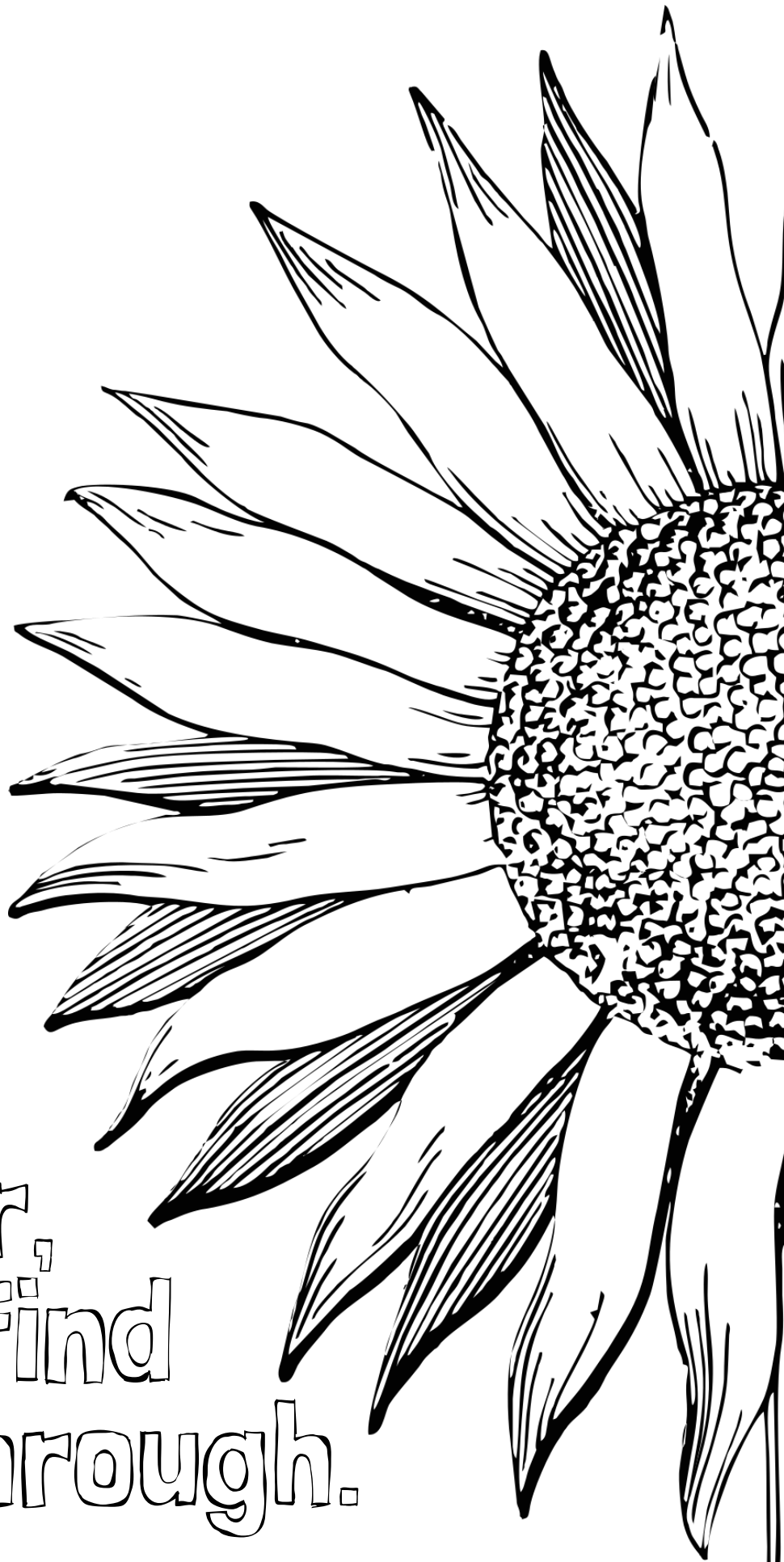


Looking for more resources?
Scan here or visit:
www.uwindsor.ca/wellness



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together,
we can find
a way through.



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