



Skills for Responding to Student Mental Health Concerns



Resources

24/7 SUPPORT

Wellness Together Canada 🕒📞📶
Professional mental health & substance use counselling for anyone in Canada.
Call: 1-866-585-0445
www.wellnesstogether.ca

Good2Talk 🕒📞
Professional mental health support for post-secondary students.
Call: 1-866-925-5454
www.good2talk.ca

Community Crisis Line 🕒📞
Call: 519-973-4435
www.hdgh.org/crisis

Sexual Assault Crisis Line 🕒📞
Call: 519-253-9667
www.saccwindsor.net/

Talk Suicide Canada 🕒📞
Call: 1-833-456-4566 (24/7)
Text: 45645 (4:00 pm-midnight EST)
www.talksuicide.ca

Crisis Text Line 🕒📞
Text: CONNECT to 686868
www.crisistextline.ca

CAMPUS CARE

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

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

Peer Support Centre 🕒📞
CAW Student Centre 291
No appointment needed.
See website for service updates:
www.uwsa.ca/services/psc

Office of Sexual Violence Prevention, Resistance, & Support 🕒📞
Email: svsupport@uwindsor.ca
www.uwindsor.ca/prevent-resist-support/

UWSA Food Pantry 🕒📞
CAW Student Centre Rm 233
Email: foodpantry@uwindsor.ca
www.uwsa.ca/campus-food-pantry/

COMMUNITY CARE

Crisis & Mental Wellness Centre 🕒📍
Walk-in crisis support.
744 Ouellette Ave., Windsor, ON
Mon-Sun 8am-8pm
www.hdgh.org/crisismentalwellnesscentre

Mental Health & Addictions Urgent Care Centre 🕒📍
744 Ouellette Ave., Windsor, ON
Mon-Fri 11am-7pm
www.hdgh.org/MHAUCC

Canadian Mental Health Association 🕒📍
Office (Non-Crisis): 519-255-7440
www.windsorsex.cmha.ca

Sexual Assault Crisis Centre 🕒📍
Office (Non-Crisis): 519-253-3100
www.saccwindsor.net

Downtown Mission 🕒📍
875 Ouellette Ave. Windsor, ON
www.downtownmission.com/

Remember that it's important to take care of yourself too.
Please visit www.uwindsor.ca/humanresources for a list of wellness resources available to UWindsor employees. Reaching out for support is always strong and resilient.

SAFETY & EMERGENCIES

Campus Community Police | 24/7 🕒📞📶
2455 Wyandotte St. W
Non-Emergency: 519-253-3000 Ext. 1234
Campus Emergency: 519-253-3000 Ext. 4444
www.uwindsor.ca/campuspolice

WalkSafe (Non-Emergency) 🕒📞
Student led walk home service
See website for service details:
www.uwsa.ca/walksafe/

Safe Lancer App 📶
Virtual walk home & emergency alerts by campus police.
Download the app: Safe Lancer

Windsor Regional Hospital Walk-In Emergency Service | 24/7 🕒📞📍
Walk-in for mental health emergencies.
Windsor Regional Hospital Emergency Dept. 1030 Ouellette Ave.

Off-Campus Emergencies: Call 911 📞

