

## **CEL Wellness Resources**

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### *Western University Wellness Supports*

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**Western University Health & Wellness Supports and Resources:** [wellnessresources.uwo.ca](https://wellnessresources.uwo.ca)

- Summarizes on-campus wellness and wellbeing supports as well as additional campus resources

**Western Wellness Navigator:** <https://uwo.portal.gs/>

This digital library is a one-stop-shop to find all the supports and resources available to students, both on and off-campus, to help support mental health & well-being. There are numerous resources falling under the following categories:

- Wellness & Wellbeing Supports
- Academic & Career Resources
- Sports & Recreation
- Housing Resources
- International Student Specific Supports
- Indigenous Student Specific Supports

Students have the option of creating an account and completing a confidential self-assessment. The results will help monitor one's own well-being, alerting someone when they should seek support. The self-assessment can be completed throughout the year, allowing students to track their mental health over time.

Students who are not interested in completing the self-assessment can still click through to see all the supports & resources available to them.

**Togetherall:** <https://togetherall.com/en-ca/>

Togetherall is a new resource for Western University students to have free, 24/7 access to anonymous peer-to-peer support.

Sign up with your @uwo.ca email and you're good to go!

\* The site is monitored and moderated 24/7 by licensed clinicians, empowering individuals to easily and anonymously connect with others with shared lived mental health experiences in a safe and inclusive space.

**Western Student Experience Wellness & Equity Education:**

<https://linktr.ee/wellnessandequityeducation>

- Resources and supports from the Western Wellness & Equity Education Team encompassing the 8 dimensions of wellness.

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## *Community Gender-Based and Sexual Violence Supports:*

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### **Anova (24/7 Crisis Line)**

Phone: 519-642-3000 or 1-800-265-1576 (Non-emergency line)

### **Regional Sexual Assault Domestic Violence Treatment Program (24/7) @ St. Joseph's Hospital (London, ON)**

Phone: 519-646-6100 ext. 64224

### **Fem'aide (24/7 for French Speaking Female Identified Individuals)**

Phone: 1-877-336-2433

- Fem'aide offers support, information, and referral to frontline services in their communities, to French-speaking women in Ontario who have experienced gender-based violence

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## *Community Mental Health Supports*

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**CMHA Thames Valley:** <https://cmhatv.ca/find-help/crisis-access-services/>

If you or someone you know is experiencing a mental health crisis, you can visit the CMHA Crisis Centre in person at 648 Huron St, London, ON or call 519-433-2023

**CMHA Ontario: Find your branch:** <https://ontario.cmha.ca/local-cmha-branch-supports/>

**Reach Out (through CMHA) (24/7):** <https://reachout247.ca/>

Reach Out is a free, 24/7, confidential mental health and addictions support and services line for people living in Elgin, Middlesex and Oxford and London. If you need mental health and addictions help, Reach Out is the one service you should connect with. Access through calling, texting or online web chat.

Phone: 519-433-2023 or 1-866-933-2023

Text: 519-433-2023

### **Youthline (LGBTQQ2S+ Helpline for Youth by Youth)**

Sunday-Friday, 4:00 p.m. to 9:30 p.m.

Phone: 1-800-268-9688

Text: 647-694-4275

Online chat: [youthline.ca](https://youthline.ca)

### **Good2Talk**

Call 1-866-925-5454 or text "GOOD2TALKON" to 686868

- Good2Talk is a free, confidential support services for post-secondary students in Ontario and Nova Scotia

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## *Canada-wide Supports*

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**Talk Suicide Canada:** <https://talksuicide.ca/>

Phone: 1-833-456-4566

Text: 45645

**Wellness Together Canada (24/7):** <https://www.wellnesstogether.ca/en-ca/#resources>

To connect with a mental health professional one-on-one, call 1-888-668-6810 or text WELLNESS to 686868 for youth

You can also visit Wellness Together Canada website to access different levels of support, including:

- one-on-one counselling
- credible articles and information
- self-guided courses and programs
- peer support and coaching
- Self-assessments with personalized resource recommendations

**Mental Health Support in Canada:** Provincial and territorial resources:

<https://www.canada.ca/en/public-health/services/mental-health-services/mental-health-get-help.html>

- Links to mental health supports available across the provinces and territories in Canada

**First Nations and Inuit Hope for Wellness Help Line**

Call 1-855-242-3310 (toll-free) or connect to the [online Hope for Wellness chat](#).

Available 24 hours a day, 7 days a week to First Nations, Inuit, and Métis Peoples seeking emotional support, crisis intervention, or referrals to community-based services.

Support is available in English and French and, by request, in Cree, Ojibway, and Inuktitut.

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## *Self-Assessment Tools for Mental Health*

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[Workplace Strategies for Mental Health](#) have compiled a list of credible self-assessment tools to help determine if further assessment may be necessary.

### *Mental Health Phone Apps*

[Workplace Strategies for Mental Health](#) have compiled a list of apps for your Windows, IOS and Android devices. There are apps that help you focus on meditation practices, stress reduction, building resilience and more.

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### *Practical Tools and Daily Practices*

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- [The Greater Good Science Centre](#) have over 70 daily practices you can try out to help you focus on areas for growth including optimism, happiness, mindfulness, resilience to stress, connection, and more.
- [Greater Good's Guide to Well-being During Coronavirus](#) from the Greater Good Science Center
- [Workplace Strategies for Mental Health](#) have an inventory of different ideas for creative ways you can take a break. They also list a variety of [tools to help with your personal development](#), including building resilience and communicating more effectively.
- [YMCA's](#) Free at-home workouts and programs to stay well and healthy.
- [Dr. Tayyab Rashid](#) has compiled 101 Strengths-based Actions to Connect, from a Safe Distance
- [The Random Acts of Kindness](#) foundation has hundreds of free resources to help you cultivate kindness, including monthly kindness calendars and activity suggestions to keep you busy.
- [WE Well-being](#) has developed a number of resources in collaboration with leading mental health experts, with practical tips to reduce anxiety, build resilience, and support your well-being and the well-being of others.
- [NIH Emotional Wellness Toolkit](#) has numerous articles with strategies about managing emotions, stress reduction, sleep and mindfulness

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### *Videos and Podcasts – Mindfulness and Stress Reduction*

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- [Workplace Strategies for Mental Health](#) have developed video exercises for stress reduction and deep relaxation.
- [CALM](#) has a series of mindful breathing exercises to help reduce stress
- [MindWell](#) has a Tool Kit with videos and resources related to mindfulness
- [Be Present Guided Meditation](#) - 10 minutes of guided mindfulness.
- [20 Minute Mindfulness Meditation for Being Present](#) from the Mindful Movement.
- [Meditative Story](#) - An online podcast
- [Guided Compassion Meditation](#) from the Greater Good Science Centre