

# Mental Health Resources for Western Students:

<b>PREVENTION:</b> Practice wellness daily	<b>CONCERN:</b> When you notice a change	<b>CRISIS:</b> When you feel out of options
<i>Personal wellness practices:</i> <a href="#">Eat. Sleep. Exercise. Connect</a>	<a href="#">Health and Wellness</a> (SHS, Psychological Services), <a href="#">Residence Counselling</a>	ASIST-trained Keep Safe Connection
<a href="#">Wellness &amp; Equity Education</a>	<a href="#">Peer Support</a> and <a href="#">Graduate Peer Support</a>	<b>Call 911 if needed</b>
<a href="#">Leadership and Learning</a>	<a href="#">Stress Management</a> Techniques	Walk in to the <a href="#">Mental Health and Addictions Crisis Centre</a> at 648 Huron Street or call <a href="#">Reach Out</a> at (519) 433-2023
<a href="#">safeTALK &amp; ASIST</a>	<a href="#">Wellness &amp; Equity Education</a>	<a href="#">Anova</a> 24-Hour Helpline: (519) 642-3000
<a href="#">Campus Recreation</a> <ul style="list-style-type: none"> <li>Physical activity has a huge impact on mental health</li> </ul>	<a href="#">Togetherall</a> Anonymous 24/7 online peer support and education with moderation by clinically trained practitioners	<a href="#">First Nations and Inuit Hope for Wellness Help Line</a> : 1(855) 242-3310
<a href="#">Learning Skills Services</a>	<a href="#">Good2Talk</a> 1(866) 925-5454 or <a href="#">The Support Line</a> (519) 601-8055	<a href="#">Crisis Services Canada</a> suicide prevention and support: 1(833) 456-4566
<a href="#">Writing Support Centre</a>	<a href="#">Family Service Thames Valley Counselling Services</a> 519-433-0183 ext. 605 <a href="mailto:Intake@familyservicethamesvalley.com">Intake@familyservicethamesvalley.com</a>	<a href="#">Trans Lifeline</a> (10am to 4am): 1(877) 330-6366