Mental Health @ Western
Information to help direct students, faculty, staff, parents and families to free mental health services and resources available at Western.
uwocom/mentalhealth

Student Development Centre (SDC)
Provides individual counselling, crisis counselling, and support groups. In addition, Learning Skills Services, The Writing Support Centre, Indigenous Services and Services for Students with Disabilities offer services and support to students.
sdc.uwo.ca/psych P: 519-661-3031

Mental Health App
Connect with mental health resources through iWestern.
www.uwo.ca/its/mobile-doc

Student Health Services
Provides multidisciplinary counselling services, Psychiatry, and medication consultations.
shs.uwo.ca/counselling/counselling.html P: 519-661-3771 (Mon-Fri, 8:30am-4:30pm)

Peer Support Centre
A safe space for undergraduate students to seek support and resources, build community, meet other students, and get talking about issues. The Centre is run by peer support volunteers trained in peer-based support.
westernpeersupport.ca Room 38, UCC Building (Mon-Fri, 10:00am-6:00pm)

Emergency
Campus Police: 911
London Crisis Response Line: 519-433-2023

Residence Counselling
Counselling for students who live in residence.
needtotalk@housing.uwo.ca

Peer Phone Line
Confidential phone service provided for students by students.
P: 519-661-3425 (Mon-Fri, 10:00am-midnight)

Campus Recreation
Physical fitness instruction and equipment at WSRC; intermural sports.
westernmustangs.ca P: 519-661-3090

International & Exchange Student Centre
Provides individual assistance, orientation programs, info sessions, and socio-cultural events for international students. Support is provided on topics such as cultural and academic transitions, coping in a new culture, financial issues and gov. regulations. iwellness.uwo.ca P: 519-661-3031

The Student Success Centre
Provides programs and support that help students realize their career, leadership, and experience goals.
success.uwo.ca

As a home away from home, Western has resources to help ensure all students succeed.
FIVE WAYS TO WELL-BEING

connect...
Interact with the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.

be active...
Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness.

take notice...
Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.

give...
Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people.

keep learning...
Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.

neweconomics.org/projects/five-ways-well-being

Students report the top 3 factors affecting academic performance are stress, anxiety and sleep difficulties. The best ways to support health are through good nutrition, exercise and sleep. Take action today towards positive mental well-being.

— Stats from NCHA, Western University, 2013