



Huron
UNIVERSITY

Parent and Student Supporters'

Wellness Guide

Your student is in a new chapter of their life, and so are you! This guide aims to help you both navigate and locate wellness supports on campus that promote a successful new chapter of learning and self-discovery.

EXPECTATIONS AND TRANSITIONS

COMMUNITY AND CHANGE

What you as a parent and/or student supporter are feeling (excitement, enthusiasm, anxiety) as your student makes the transition to post-secondary education is what they may be feeling; but your feelings are those of a mature adult while theirs are ones of a maturing adult – with many life lessons to come as they navigate their way through post-secondary education and life in general. Remember to be patient with yourself and them as you each find your unique ways of supporting this life adjustment.

PLAN AHEAD

In the time leading up to your student's departure, you may decide to take up some new hobbies, start a new exercise program, or have a weekly get-together with some of your friends. This is a great way to get into the habit of focusing your time on your interests and needs before your student leaves for Huron. It will also make the change feel less drastic when your student goes to university.

It's important that you prepare yourself mentally for your student leaving and don't avoid thinking about it. While children are often our focus and provide much energy in our lives, it's important that you work out how to provide your own energy and find new ways to keep yourself busy. You may decide that you want to increase your hours at work, so you don't feel the loss as much when your student goes to Huron, as you'll be busy with your schedule and commitments.

SHOW SUPPORT AND SCHOOL SPIRIT

With your student going to university, you shouldn't feel that their moving away means that they're about to embark on a new chapter that doesn't involve you at all. Just because you won't be living with them full-time doesn't mean that you won't be an essential part of their life. You may even find that they now need you more than ever. Help them build their confidence as they embark on their journey at Huron and into adulthood. A great way for parents/caregivers to get involved in their student's university experience is by getting into the school spirit. For example, if you want to get your student a going-away gift, consider giving them some Huron merchandise such as a Huron mug, sweatshirt, or water bottle.

BE KIND TO YOURSELF

You shouldn't be too hard on yourself if you're struggling to cope with your student heading off to Huron and leaving your family home. Try not to feel silly or guilty for feeling down or missing them. Although you're happy for them, it's normal for you to miss them and wish they were still at home with you. Even when we know they're safe and are making the right choices, parents/supporters can't help but worry about their students. However, it's important to remember that you've brought them up well and have given them the life lessons they need to navigate their own way through the adult world. In time, you may even embrace some newfound time and dive into projects or hobbies you've always wanted to try. Just remember how much fun and the growth you were experiencing at your student's age! It's great for your student to experience the same or better during their own time at university.

REFLECT ON THE POSITIVES

Even though initially you may feel negative, worried, and anxious about your student going away to university, in time you'll start to acknowledge the many positives that come with this change. You should remind yourself how well they have done to gain a place at Huron and be proud of them for how hard they've worked to obtain it. By going to Huron, your student is getting the skills and qualifications they need to be successful in the future, and you should be proud of them for that. When your student goes to university, it isn't just the start of something new and exciting for them, but also for you. You may find that this is the perfect opportunity for them to understand and appreciate everything you have always done for them. It may help to strengthen your relationship now that you're no longer under each other's feet. They say that absence makes the heart grow fonder, so this may be exactly what your relationship needs to progress into an adult relationship.

EMBRACE TECHNOLOGY

It doesn't matter how far away your student is; you can still communicate as if they were in the next room. Thanks to technology, you don't have to worry about going weeks or even months without seeing them once they move to London. Your student will always be at the other end of your cell phone, so be prepared for morning phone calls asking how to make eggs or late-night texts about how to work the washing machine and dryer. Technology is a powerful tool for connection. If you're struggling with their absence, then you should embrace everything that technology has to offer. You may even find that you end up speaking to and seeing your student more while they're at university than you did when you were both living under the same roof. Plus, you'll both have plenty to talk about since you're both having different experiences rather than experiencing every day together.

SCHEDULE PLANS FOR FAMILY VISITS

A great way to cope with your student going to university is to make plans with them in advance. While this may not be as achievable if they're moving a significant distance away, you may also be surprised at the different opportunities there are for visits. While it's important that you don't just show up on campus during the school year without letting them know, you can make plans to visit them and explore their new home. Seeing that they are happy and safe in the university environment can really put your mind at ease and make you feel better about the situation. You'll be glad to know that the academic year is divided into different holiday seasons. It is only a matter of weeks until your student is heading home to enjoy Thanksgiving, fall reading week, winter vacation, or spring break with you and the rest of the family. Now that your student has moved away to London, you can find new ways to spend time together, start new traditions, and enjoy new experiences together.

GIVE THEM SPACE AND BE PATIENT

While you may be anxious to start planning visits as soon as your student leaves for Huron, it is important to appreciate their need to carve out their own space and get used to their new surroundings. Similarly, you also need to become familiar with life without them being around every day, and you won't be able to do that by planning trips to London every weekend. Try not to suffocate your student when they move away, as not only do they need to learn how to cope on their own, but you may find that this has a counterproductive effect on your relationship. Allow them the space and time they need when they head off to Huron, and let them come to you when they need you. This approach will benefit your relationship in the long run. It may take a while to adjust to your student being away at university; this is normal. Be patient with yourself, and don't expect to adapt right away. You may become teary-eyed in the grocery aisle when you no longer need to buy their favourite snacks, but this will pass in time.



SUPPORTING YOUR STUDENT'S NEEDS

ASK YOUR STUDENT ABOUT THEIR EXPERIENCES

Check in regularly with your student to find out how they're doing, especially in the first year. Many students find the transition from a guided approach in high school to more independent learning and living at university challenging. Remind them that while change can be stressful, they're not alone.

MANAGING STRESSORS

Parents and supporters can play a vital role in noticing that their university students may be struggling. Most importantly, you will be essential in offering support and guidance as students face obstacles, to ensure they can flourish during their university experience.

The temptation to intervene may be high when your student is experiencing difficulties, either with their studies, socially, or emotionally. You may feel that you need to intervene to help your student cope, or even feel like you are responsible for finding a solution. Express support and give your student the opportunity to build their capacity. Offering a supportive home base, while trusting your student to make the best choices for themselves, builds their confidence and supports a healthy and trusting bond. Huron University and our Wellness Services offer many support options for your student to access when they are ready. This guide was designed to help inform you and your student, so you can reference it and discuss options together.

BALANCING SUPPORT AND STUDENT PRIVACY

Students on their university journey benefit greatly from the support of family and friends. At the same time, Wellness staff strive to promote student autonomy and must protect student confidentiality. As such, Huron University is committed to the principles of access to information outlined in the Freedom of Information and Protection of Privacy Act (FIPPA) and the Personal Health Information Act (PHIA).

All information disclosed by students to Wellness staff is confidential. It will not be shared with family, university staff, course instructors, or others without the students' written permission and will not become part of academic records. Rather than contacting us on your students' behalf, encourage them to contact us directly with questions or concerns.

PROMOTE INDEPENDENCE

Students are encouraged to foster independence through their university journey. This does not mean doing everything on their own, but rather being autonomous around choices pertaining to their wellness and learning. Your student may benefit from your support in finding and reviewing resources so they can assess and know when and how to find help when they are ready. Wellness support will be here for them when and if they choose, and can be accessed by your student self-initiating a referral.

ENCOURAGE YOUR STUDENT TO SEEK OUT SUPPORT SERVICES

Every young adult adjusts differently to their university experience. Some find themselves feeling anxious about the workload, and some may experience adjustment or mental health difficulties because of the major changes in their lives. You may notice changes that signal to you that your young adult could be experiencing mental health issues, and prompt you to encourage them to seek professional support. Encourage them to make use of the wellness services listed below:

WELLNESS RESOURCES FOR STUDENTS

Our wellness team is here to provide your student with a supportive and confidential space where they can speak openly about their concerns and receive support tailored to their unique needs.

Location: The Caskey Gilday Wellness Centre, located on Huron University's campus.

Service Hours: Monday - Friday, 8:30 am - 4:00 pm



SERVICES OFFERED

COUNSELLING

Counselling services at Huron are strengths and solution-focused, so that your student leaves with strategies and ideas they can apply immediately. Counselling sessions are 50 minutes in length and are offered on a one-to-one basis by Registered Social Workers and Registered Psychotherapists. All wellness services are offered at no cost to enrolled students. Referrals must be made directly by the student to ensure consent, autonomy, and privacy policies are adhered to.

Please review our web page for more details:



Counselling & Support Page
huronu.ca/wellness-services/counselling-support



Self-Referral Form
(Or have your student access the link below to self-refer)
huron.emhware.ca/self-referral

DROP-IN COUNSELLING

Drop-in counselling allows for 15-20 minute sessions with a counsellor to discuss resources and helpful strategies, or simply get connected with our team. Longer follow-up sessions can be scheduled as needed. Drop-in times for the 2025/26 academic year are as follows:

Mondays 1:30-2:30 pm | Thursdays 9:30-10:30 am



Drop-in can be attended virtually or in person. If your student is interested in scheduling a drop-in session, have them click here to complete our drop-in form:
huron.jotform.com/hucwelln/drop-in

PEER SUPPORT

Peer Support is a form of emotional and practical support provided by Wellness Peer Educators, who are fellow upper-year students. Wellness Peer Educators are not professional therapists and are not meant as a resource if students are in crisis. Wellness Peer Educators can link your student to Crisis Supports and to the Wellness team. Peer Support sessions provide students with a space to share their stories, learn more about wellness resources, and seek practical solutions for issues they face.



Please visit our wellness page to connect with a Wellness Peer Educator
huronu.ca/wellness-services/counselling-support

SERVICES OFFERED (CONTINUED)

GROUP OPPORTUNITIES AND SKILL DEVELOPMENT

Huron's Wellness Team is committed to offering your student meaningful activities that support their success and health, and foster community on our campus, including:

- Art Therapy
- Mood Walks (Wellness Hikes)
- Feel Good Fridays
- Heart to Hearts
- Hygge Hour
- Yoga Classes

Encourage your student to follow us [@huronwellnessservices](#) and [@huronstudentlife](#) on Instagram to stay up-to-date with what's happening in Wellness!

Your student can also register for upcoming groups and events at linktr.ee/huronwellness



GENDER-BASED VIOLENCE AND SURVIVOR SUPPORT

Huron University offers specialized counselling and case management to Huron students who have been affected by gender-based or sexual violence. It doesn't matter when, with whom, or how the violence occurred; Huron's Gender-Based Sexual Violence Advocacy Specialist is here to listen and offer support.



Request an appointment by clicking the link below or scan the QR code:

huron.ontarionow.ca/external/referral/?t=gbsv_self_referral

CHAPLAINCY AT HURON

The chaplaincy team provides pastoral care and support to the students, as well as staff and faculty at Huron University. Our Chaplain, the Rev. Matthew Martin, is here to promote emotional, mental, and spiritual well-being. When you visit him in the Chapel, you will find a safe space and non-judgmental, compassionate listener, who has countless years of experience supporting students along their educational journey. Regardless of whether you are a spiritual or religious person, you are still welcome to seek refuge in the Chaplain's office, so don't be shy and find yourself, yet another, empathetic ally on campus. huronu.ca/chaplaincy



SELF HELP RESOURCES

Huron's partnership with Therapy Assistance Online (TAO) provides online and mobile tools to help students conquer the day-to-day struggles around general stressors like anxiety and depression, or specific troubles like relationships and addiction. TAO includes interactive sessions; mindfulness exercises and practice tools all aimed at helping your student achieve their goals. They can complete TAO at their own pace, whether that's just one session a day, or perhaps two whole modules. The TAO platform allows students autonomy to choose which modules, and what timeline works best for them.

They can use TAO on any web platform or can download the app from the App Store or Google Play below.

[DOWNLOAD ON
THE APP STORE](#)



[GET IT ON
GOOGLE PLAY](#)



CRISIS RESOURCES

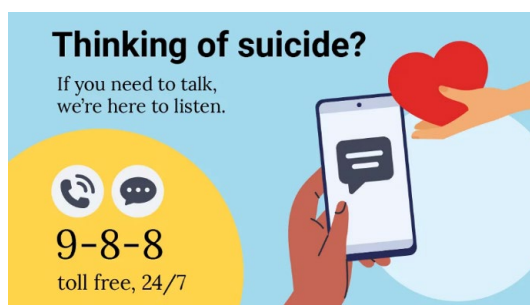
A mental health and/or addictions crisis can include: a serious, immediate mental health or addictions problem, a situational crisis, psychosis, risk of self-harm or harm to others, emotional trauma, agitation (or inability to sleep resulting from agitation), severe depression or anxiety, symptoms of moderate withdrawal, or suicidal thoughts (CMHA).

If you believe your student is experiencing a crisis, please encourage them to call any of the following supports to speak with an information and referral specialist who can provide information, resources and immediate crisis support.

Reach Out: If you are experiencing a mental health and/or addictions crisis, you can call Reach Out at **519-433-2023** or **1-866-933-2023**. Reach Out staff help you if you are in crisis, or need an appointment with a mental health or addictions professional, or want information about community services.



9-8-8: 9-8-8 is a suicide crisis helpline. If you are thinking about suicide, or you're worried about someone else, they are there to help. Call or text 9-8-8 toll free, any time — lines are open 24/7/365



SEEKING ANOTHER PLACE FOR SUPPORT? CHECK OUT THESE RESOURCES AT WESTERN UNIVERSITY:

Huron students also have access to additional services/resources through Western University.

PurpleCARE: STUDENT HEALTH & WELLNESS SERVICES

PurpleCARE provides eligible full-time undergraduate students with access to a wide range of health and wellness services, including:

- Health and Dental Insurance
- Mental Health Counselling Benefits
- Prescription Drug Coverage
- Virtual Health Care

This coverage is automatically included for full time students (unless they have chosen to opt-out) and is specifically designed to supplement provincial health care, ensuring students receive affordable health benefits to support their needs.

NEW: BENEFIT MANAGEMENT APP

PurpleCARE, powered by ALUMO, now offers a **Benefit Management App** to help students easily monitor and manage their health benefits. Register today at PurpleCARE.ca to activate your account and take full advantage of your coverage.

SEEKING ANOTHER PLACE FOR SUPPORT? CHECK OUT THESE RESOURCES AT WESTERN UNIVERSITY: (CONTINUED)

UEquity and Human Rights Services | 519.661.3334

Indigenous Services | 519.661.4095

Ombudsperson | 519.661.3573

Student Health and Wellness Services at Western
(Thames Hall) | 519.661.3030

ADDITIONAL COMMUNITY SUPPORTS

Good2Talk

(24/7 helpline for postsecondary students):
1.866.925.5454

ANOVA

(24/7 support line for individuals who have
experienced sexual assault and domestic violence:
519.642.3000 or 1.800.265.1576

Carrefour des Femmes

Office: 519.858.0954

Crisis Line: 1.877.336.2433 Kids Help Phone
(up to age 20) 1.800.668.6868 Text 686868

First Nations and Inuit Hope for Wellness Help Line:

1.855.242.3310 24-hour culturally relevant
telephone crisis intervention counselling

ConnexOntario (Addiction and mental health)
1.866.531.2600

CMHATV (24/7 walk in crisis centre) at
648 Huron St. 519.434.9191

Virtual Online Therapy: 7cups.com

Sexual Assault and Domestic Violence Treatment Centre (St. Joseph's Hospital)

- After Hours: 519.646.6100, press 0 and ask
switchboard to page on-call SANE
- SADVTC can provide medical and emotional
support at hospital as well as follow up from a
social worker SERT –

Student Run Volunteer Organization

Providing emergency medical response on campus
24/7 (aside from reading breaks and Christmas
break): 519.661.3300

LGBT Youthline Peer Support

Text 647.694.4275 4 pm - 9:30 pm (Sunday - Friday)

Trans Lifeline Peer Support

Call 877.330.6366 1 pm - 9 pm (Monday - Friday)

The Support Line: The Support Line is a 24/7 therapeutic listening line. The Support Line offers help when you are experiencing distress – which is a personal experience unique to you. The Support Line is available to individuals from London and Middlesex who are 16+.

Please note the Support Line provides confidential listening to anyone accessing the service but is unable to accommodate unknown numbers.

The number is 519-601-8055. The toll-free number is 1 (844) 360-8055

