



Huron
UNIVERSITY

Student

Mental Health Manual

Fall 2025

PURPOSE OF THIS MANUAL

The Student Mental Health Manual is here to support you, a Huron student, by providing clear and accessible information about the mental health resources available through Huron Wellness Services.

This manual is meant to help you:

- Understand the services we offer
- Learn how to access care
- Know where to turn to when you are looking for support

Our goal is to make it easier for you to navigate your wellness journey at Huron.

UNDERSTANDING MENTAL HEALTH

University life can bring growth, learning, and new experiences. At the same time, it can come with challenges and stressors that may affect your mental well-being.

Mental health refers to your emotional, psychological, and social well-being. It influences how you think, feel, and behave. It also affects how you manage stressors, build relationships, and make decisions.

Mental health is a dynamic state that exists on a spectrum. This means it can shift depending on your experiences, stress levels, and the supports you access that are available to you. This is often described using the [Dual Continuum Model](#).

The World Health Organization defines mental health as:

“Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community. It is an integral component of health and well-being that underpins our individual and collective abilities to make decisions, build relationships and shape the world we live in. Mental health is a basic human right. And it is crucial to personal, community and socio-economic development.”

Caring for your mental health is important for your academic success, personal development, and meaningful relationships. At Huron, we see it as a shared responsibility. Wellness Services is committed to offering support and resources. Your role is to engage in proactive self-care, develop effective coping strategies, and reach out for support as early as possible when needed.

WELLNESS RESOURCES FOR STUDENTS

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

Our vision is to support all students in achieving their wellness and academic goals. Our values include authentic student engagement, a student-centered approach, responsiveness, inclusion, 2SLGBTQ+ affirmation, innovation, and accountability. We focus on all areas of wellness and health promotion to provide timely individual and group support.

Location: Wellness services are offered at The Caskey Gilday Wellness Centre. We are located on Huron’s main campus down Burnlea Drive - just past Southwest Residence (between Southwest and Brough). View our interactive campus map at huronu.ca/contact/huron-campus-map.

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



WHO CAN ACCESS OUR SERVICES?

All students currently enrolled at Huron can access Wellness Services at no cost.

Huron Students who have graduated may access care through The Caskey Gilday Wellness Centre for up to two months post-graduation.

Students who have left school or graduated from Huron may also access care through the UWO main campus for up to six months. You can talk with your Wellness Counsellor about next steps and potential resources, so that you can continue your care journey beyond those six months. Graduate students on leave from Huron may also access care through main campus services.

In some cases, we may determine that another service or type of support is better suited to your specific needs. If that happens, we will guide you toward options that are more appropriate for your situation. Additionally, there may also be times when, even though we want to support you, our available resources may not be the best fit. When this is the case, we will guide you toward services that can offer the care and support best suited for you.

WHY MIGHT YOU SEEK WELLNESS SUPPORT?

Adjusting to the changes and demands of university life can be challenging. Along with academic responsibilities, you may also be navigating personal ups and downs, social transitions, and competing priorities. Speaking with a trained and regulated mental health professional can help you explore these challenges and consider your next steps in a supportive, collaborative way.

Many students seek support for concerns such as:

- Stress and anxiety
- Low mood or symptoms of depression
- Relationship difficulties
- Homesickness or adjusting to university life or a new culture
- Grief and loss
- Substance use
- Loneliness or social isolation
- Identity-related or culturally based stress and trauma
- Experiences of oppression, including those related to 2SLGBTQ+ identities
- Exploration of gender identity or sexual orientation
- Isolation related to disability
- Changes in sleep, appetite, or ability to cope
- Balancing the competing demands of student life

These are just some of the reasons students reach out. Remember, there is no issue that is too big or too small when it comes to seeking support.



SERVICES OFFERED

Huron offers a continuum of well-being resources to support the diverse needs of our students. The approaches to support student mental health include preventative measures, aimed at empowering students to support their mental health (Therapy Assistance Online - TAO, community and group opportunities) and responsive measures, including, but not limited to, programming, peer support, individual counselling, and referrals to community resources when needed.

THE CONTINUUM OF CARE

An inexhaustive list of services we provide based on your needs.



SELF HELP RESOURCES

Therapy Assistance Online (TAO)

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 you achieve your goals. You can complete TAO at your 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.

Huron students 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



Community and Group Opportunities

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

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

Students can follow us @huronwellnessservices and @huronstudentlife on Instagram to stay up to date with what’s happening in Wellness!



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

Peer Support

Peer Support is a form of emotional and practical support provided by Wellness Peer Educators, who are fellow upper year students trained in peer support. They are equipped to provide a listening ear and are knowledgeable of resources to connect students to. Wellness Peer Educators are not professional therapists and are not meant as a resource if students are in crisis. Wellness Peer Educators can link students to Crisis Supports and to the Wellness team. Wellness Peer Educators offer 1-on-1 sessions that allow for a space to share your story, learn more about wellness resources, and seek practical solutions for issues you may be facing. Like counselling, everything a student shares with the Wellness Peer Educators is maintained with strict confidentiality. Wellness Peer Educators do not have access to your counselling notes.



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

Individual Counselling Appointments

Counselling services at Huron are strengths and solution-focused in hopes to provide you with strategies and ideas that can be applied to support your unique circumstances. Counselling sessions are 50 minutes in length and are offered on a one-to-one basis by Registered Social Workers and Registered Psychotherapists. Counselling services are offered at no cost to enrolled students.

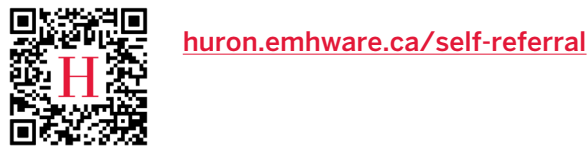
To book an initial counselling appointment, please complete this self-referral form and be sure to provide your UWO email address. A Wellness Counsellor will follow up with you within 24 business hours. Students must complete the self-referral forms themselves to ensure consent, autonomy, and privacy policies are adhered to. You may decide to book a follow-up appointment while in session or connect with your Wellness Counsellor directly via email to request another appointment.

Before your first session, you will be asked to complete an Intake and Service Agreement form for that academic year, which includes emergency contact information and a confidentiality agreement that outlines the limits of confidentiality. These details will be reviewed during your first appointment, and there will be time to ask any questions you may have. Some additional information about confidentiality is also provided below.

INDIVIDUAL COUNSELLING APPOINTMENTS (CONTINUED)

Counselling appointments are available in-person at the Caskey Gilday Wellness Centre, over the phone or virtually. If you request to meet virtually, your Wellness Counsellor will provide the link once your appointment has been scheduled. The Wellness Centre is not currently fully accessible. For students with physical accessibility concerns, counselling services can be accessed in an alternate space or virtually upon request. Please note that due to professional regulatory requirements, virtual counselling appointments can only be offered to enrolled students while they are in Ontario.

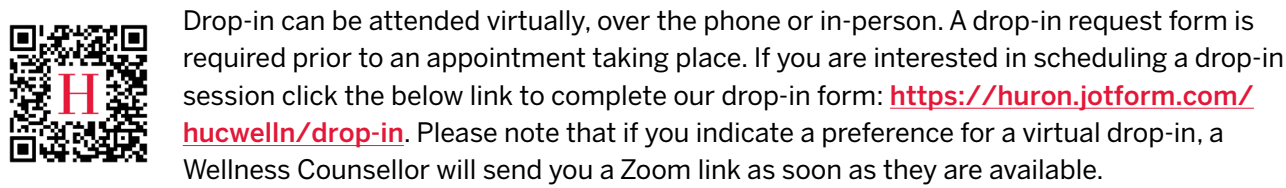
Please review our webpage for more details:
huronu.ca/wellness-services/counselling-support OR access the link below to self-refer.



DROP-IN COUNSELLING

Drop-in counselling allows for 15–20 minute sessions with a Wellness Counsellor to discuss resources and helpful strategies or simply get connected with the Wellness team. These appointments are not intended as crisis support (if you are in crisis, please refer to resources at the end of this guide). Longer follow-up sessions can be scheduled as needed. Drop-in times for 2025-2026 academic year are as follows:

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



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 at: 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

CONFIDENTIALITY AND ITS LIMITS

Counselling is a confidential process designed to help you address your concerns, come to a greater understanding of yourself, and learn effective personal and interpersonal skills to help you thrive. It involves a supportive, respectful, and understanding relationship between you and a Wellness Counsellor committed to supporting you in achieving your wellness goals.

Your right to privacy and confidentiality is paramount, and Huron is committed to protecting all students' privacy and confidentiality. In general, your Wellness Counsellor will keep what you say confidential, consistent with the Personal Health Information Protection Act (PHIPA, ontario.ca/laws/statute/04p03) and the Freedom of Information and Protection of Privacy Act (FIPPA, ontario.ca/laws/statute/90f31).

By confidential, we mean that it can be shared with the Huron Wellness counselling team and documented in our clinical records.

There are a few exceptions to confidentiality. If you present a risk to yourself or others, or your behavior deteriorates to the point that you are unable to care for yourself, then your Wellness Counsellor will need to disclose to more people to ensure yours and others' safety. These may include Western Special Constable Service, London's emergency response teams, and other health professionals. Other exceptions include our requirement to report any concern of potential harm to a child or someone residing a long-term care facility; protecting Western employees from workplace violence or harassment (if the student is also a Western employee); complying with court-ordered subpoenas; and being a victim of sexual abuse by a healthcare provider (we have duty to inform the provider's college but don't have to reveal your identity)

CANCELLATION

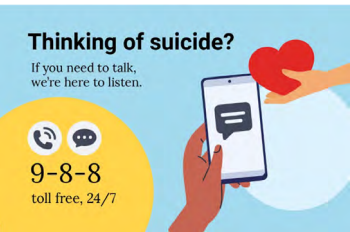
To maximize the effectiveness of counselling, it is important to make your counselling sessions a high priority. Nevertheless, if circumstances arise that prevent you from attending your scheduled appointment, please provide your Wellness Counsellor with as much notice as possible, ideally greater than 24 hours (both in-person or by electronic means). Providing reasonable notice of cancellation allows our counsellors to offer the appointment time to another student in need of support.

RUNNING LATE FOR A COUNSELING APPOINTMENT

Please try to arrive on time and notify your Wellness Counsellor via email to indicate if you are running late and when they can expect you. We will be happy to see you within 15 minutes of your scheduled appointment time and may not be able to see you if you arrive later. In such instances, it may be in your best interest to reschedule the appointment to allow for sufficient time for exploration and support.

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).



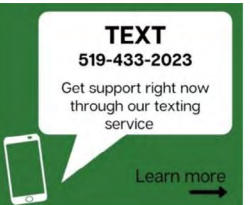
If you believe you may be experiencing a mental health and/or addictions crisis, please connect with one of the following resources for immediate crisis support:

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

REACH OUT

If you are experiencing a mental health and/or addictions crisis, 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.

9-1-1: For police, fire or medical emergencies, when **immediate action** is required, please call 9-1-1.



SEEKING ANOTHER PLACE FOR SUPPORT?

Check out these resources at Western University

Student Health and Wellness Services at Western (Thames Hall): Huron students have access to additional mental health services/resources through **Western University's Health and Wellness Services** department. UWO's mental health team provides support Monday-Friday 9:00 AM – 4:00 PM. Appointments can be booked in advance by calling **519.661.3030**, online, or **in the clinic** at reception (Thames Hall, room 2170).

To book an initial mental health appointment online, please go to:

[Book a Mental Health Appointment - Health & Wellness - Western University](#)

PurpleCARE: Student Health & Wellness services PurpleCARE provides students with essential programs and services including Health and Dental Plan, Mental Health Support, and access to on-campus care to make sure students have affordable Health & Wellness Coverage. Eligible full-time, undergraduate students are automatically enrolled in this coverage (unless they have chosen to opt out), specifically designed to supplement provincial health care and meet students' needs. Purple Care's mywellness provides students with specific tools, resources and support to achieve student life and mental health balance. Students have access to a free and anonymous Mental Health Assessment, Video Counselling at competitive rates, Financial Education, and a number of other resources. mystudentplan.ca/purplecare/en/mywellness

Human Rights Office | 519.661.3334 | uwo.ca/hro

Indigenous Services | 519.661.4095

indigenous.uwo.ca/students

Ombudsperson | 519.661.3573

uwo.ca/ombuds//index.html

Student Emergency Response Team (SERT)

Office Phone: (519) 661-2111 Ext. 84824

Campus Special Constable Service: 519.661.3300

sert.uwo.ca/index.html

ADDITIONAL COMMUNITY SUPPORTS

The Support Line:

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.

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

Canadian Mental Health Association Thames Valley 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.

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)

