

STUDENT WELLNESS GUIDE: 2022/23



ON AND OFF CAMPUS LIFE SERVICES AND
MENTAL HEALTH HELP



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ON-CAMPUS SERVICES

1. Setting up a Bank Account and Phone Plan

Welcome Week is an exciting week filled with events and networking opportunities for incoming students to meet their fellow peers, upper-year students and the incredible staff. During this time, International Student Officers will help incoming students to set up their bank account, phone plans and complete other related tasks to have you game ready for the academic year!

If you missed the opportunity, please scan the code to contact Nicole Kristoff, our Coordinator of International Student Engagement.



2. Follow our social media and connect with student leaders!

To stay updated on Huron events, opportunities to join Clubs during Clubs Week and take on exciting opportunities, follow our Instagram account by directly scanning the QR Code. Additionally, if you would like to network with Student Leaders at Huron, please scan the QR Code and click Chat with a Huron Student Leader. It is to your benefit to connect with student leaders who are willing to answer your inquiries that would help you to get a jumpstart in your Life at Huron!



3. Internships and volunteering opportunities

Want to take part-time roles while pursuing your academics? Gain experience while pursuing the degree of your choice? Look no further! Head on to the Career Development Page on OWL to search for part-time on-campus and off-campus opportunities under the Internship Section!



GROCERY STORES

Buying groceries for yourself as a young adult can be tricky! Students often depend on tight budgets and public transit when considering grocery options. The following are the most popular grocery stores in London, listed according to a few criteria, so you can choose a place to shop that best fits your needs, preferences, and location!



1. Budget Friendly

No Frills (Locations in: Masonville, Huron Heights, Argyle, East London, White Oaks, Westmount, South London)

Walmart (Locations in: Hyde Park, Huron Heights, Argyle, White Oaks)

Fresh Co (Locations in: Carling, East London, South London, Westmount)

Food Basics (Locations in: Hyde Park, Westmount, White Oaks, Glen Cairn, East London)

2. Student Discount

Metro (Tues–Thurs) (Locations in: Byron, Cherryhill, Carling, South London, Argyle)

Valu Mart (Tues) (Locations in: Downtown, Wortley)

Real Canadian Superstore (Tues) (Locations in: Oakridge, Carling)



3. Variety (Vegan, International, etc.)

No Frills (Locations in: Masonville, Huron Heights, Argyle, East London, White Oaks, Westmount, South London)

Loblaws (Locations in: Masonville, Bostwick)

Walmart (Locations in: Hyde Park, Huron Heights, Argyle, White Oaks)

Food Island Supermarket (Locations in: West London)

IndoAsian Market (Locations in: Westminster, West London)

Real Canadian Superstore (Locations in: Oakridge, Carling)

United Supermarket (Locations in: North London)

Superking Supermarket (Located in: Westmount)

Payless Afro International Food Market (Located in East London)

Aladdin's Food (Located in: West London)



Pro Tip: If you're too busy to go to the store, or have a large grocery list, you can order everything you need using Instacart!

Scan this QR code to sign up now!



THINGS TO DO

If you're a student who is new to London, it can be challenging to leave the comfort of campus grounds. The following are some of the most fun places to visit in forest city!



Covent Garden Market: Multiple food vendors, authentic international foods, coffee shops, flowers, groceries, outdoor weekend markets, live music, and a children's theatre all in one place!



Spageddy Eddy's: A super cool, underground pasta restaurant located on Richmond street in the heart of downtown. Follow the graffiti!

Budweiser Gardens: Hockey games, concerts, entertainment shows in the heart of downtown, London

Wortley Village: A beautiful residential area in London: head to Wortley's main street for a variety of restaurants, cafes, patios, and Filthy Rebena Vintage clothing store.

Rec Room London: An adult arcade/restaurant and bar!
Located in the Masonville Mall.

Downtown Walking Trail: Walk along the Thames
River in Downtown, London.

Victoria Park skating: Public skating rink every winter
in Victoria Park, downtown. Skate rentals and
concession available.



Merla Mae's: A 1950s style ice cream shop in East
London! There's something for everyone!

Gibbons Park: A beautiful public park in Central
London with walking trails, large grassy areas, and a
bridge over the Thames River.

Museum London: An art and history museum in Downtown
London. Admission is by donation only!



SELF CARE

Post-secondary students are one of the most likely demographics to experience mental health issues. Stress from school and socialization combined with loneliness and distance from home are just some of the likely causes for this. The following are some key definitions for mental health issues commonly experienced by university students and ways to cope in times when your mental health is compromised.

Low Mood: “an emotional state characterised by sadness, anxiety, low self-esteem, tiredness, and frustration.”

Quick ways to improve your mood include: listening to music, doing an exercise and/or yoga, going for a walk, taking care of a plant, writing down how you are feeling and some things you are grateful for, calling a trusted friend or family member, petting an animal, hugging a friend.

Anxiety: "an emotion characterized by feelings of tension, worried thoughts and physical changes like increased blood pressure."

Quick ways to reduce anxiety include: taking deep breaths/doing breathing exercises, working out, journaling, reading, calling a friend, spending time outdoors, meditating, listening to music.



Homesickness: a feeling of stress or anxiety caused by separation from people and places that you know.

Quick ways to reduce homesickness include: joining a new club/sports team, going somewhere off-campus (i.e. a restaurant or cafe), exercising, journaling, limiting contact with people from home, decorating your room with familiar items from home.

MENTAL HEALTH RESOURCES

While self care is incredibly important when dealing with compromised mental health, some students may need to consult professional help services. The following are some outlets for students who require wellness support.

Huron Wellness Centre

Huron's Wellness Centre offers *free* on-campus wellness services and support for all students! Should you feel overwhelmed, anxious, depressed, homesick, lonely, or just need someone to talk to, the Huron Wellness Centre is the place for you! Students can book one-on-one counselling sessions with Manager and Registered Social Worker, Heidi Braaksma, or drop by the Wellness Centre to enjoy a board game, do some colouring, and have a cup of tea and a snack!



Reach Out (Mental health, Addictions and Crisis Services)

Reach Out is a free 24/7 support and crisis service for people with mental health or addiction concerns living in London. There are many reasons why you might call Reach Out. Some of these reasons may be:

1. Crisis intervention including access to a crisis response team
2. Emotional trauma, distress or relapse
3. Thoughts of suicide or harming self or others
4. Access to community support and addiction treatment
5. Substance use, gaming, Internet disorder and problem gambling

Good2Talk

Good2Talk is a free, confidential, and anonymous helpline providing professional counselling and information and referrals for mental health, addictions, and well-being to post-secondary students in Ontario, 24/7/365.

Good2Talk can support students through a wide range of issues that may be impacting their mental health and well-being, including depression, anxiety, substance use, academic stress, personal or family relations, loneliness, identity, financial concerns, and other challenges.



TAO (Therapy Assistance Online)

Sometimes we struggle with life problems, TAO has effective single session resources for many of these: procrastination, perfectionism, test anxiety along with sessions to help evaluate alcohol and drug use as well as relationship health.

TAO has interactive, engaging short courses (3-4 weeks) for stress management, grief and loss, worry, recovery after break-up, caregiver fatigue, social anxiety, anger conflict and management and others

Scan the QR Code to browse through TAO's recommended resources.

