



# Mental Health

## Resources Summary

<p><b><u>Campus Police</u></b> (Dial <b>911</b> from any campus phone at Western)</p>	
<p><b><u>Mental Health @ Western Website</u></b></p> <p><b><u>iWestern App</u></b> (For iPhone, Blackberry &amp; Android)</p>	<ul style="list-style-type: none"> <li>Information to help direct students, faculty, staff, parents and families to mental health services and resources available at Western</li> </ul>

### Services for Western Students

<p><b><u>Student Development Centre (SDC)</u></b> ph. 519-661-3031 Location: WSS Rm. 4100 Western University</p>	<ul style="list-style-type: none"> <li>Individual and crisis counselling</li> <li>Support groups for various issues including stress, anxiety and eating disorders</li> </ul>
<p><b><u>Student Health Services (SHS)</u></b> ph. 519-661-3030 Location: UCC 11(lower level) Western University</p>	<ul style="list-style-type: none"> <li>Multidisciplinary counselling services</li> <li>Psychiatry, physician, social worker and RN</li> <li>Medication consultations</li> </ul>
<p><b><u>Residence Counsellor: Chris Mellon</u></b> Location: Elgin Hall, Room 102 Western University</p>	<ul style="list-style-type: none"> <li>Counselling services for students currently living on campus in residence</li> </ul>
<p><b><u>King's Counselling and Student Development</u></b> ph. 519-433-3491 ext. 4321 Location: Wemple Building 157 King's University College</p>	<ul style="list-style-type: none"> <li>Counselling services for students registered at King's University College</li> </ul>
<p><b><u>Art Therapy</u></b> email: peersupport@westernusc.ca Western University</p>	<ul style="list-style-type: none"> <li>Workshops as an outlet for anxiety and stress (includes drawing, painting, clay, and fabric art)</li> </ul>
<p><b><u>Eating Disorders Support Group</u></b> ph. 519-434-7721 email: peersupport@westernusc.ca Location: UCC 38 Western University</p>	<ul style="list-style-type: none"> <li>Anonymous and confidential support group that meets weekly for students dealing with eating disorders</li> </ul>

<p><b><u>Peer Support Centre</u></b>  ph: 519-661-3425</p> <p>Email: <a href="mailto:peersupport@westernusc.ca">peersupport@westernusc.ca</a>  Location: UCC 38  Western University</p>	<ul style="list-style-type: none"> <li>• A safe space for undergraduate students to connect to resources</li> <li>• Information and referrals to support services and resources can be provided over the phone</li> </ul>
<p><b><u>Alcoholic Anonymous Meetings</u></b></p>	<ul style="list-style-type: none"> <li>• Weekly meeting of A.A. available on campus at UWO, Fridays at 2:30 p.m. in UC 287 for students and staff</li> </ul>

## Services for Western Faculty and Staff

<p><b><u>Family Service Employee Assistance Programs (FSEAP)</u></b>  ph: 1-800-668-9920  Location: 125 Woodward Avenue,  London, Ontario N6H 2H1</p>	<ul style="list-style-type: none"> <li>• Counselling and support for full-time faculty, staff and their immediate families</li> <li>• Couple issues, family troubles, parenting, stress, alcohol and drug issues, finances, grief, depression or coping with illness</li> </ul>
<p><b><u>Rehabilitation Services</u></b>  Location: Support Services Building,  Room 4159  Western University</p>	<ul style="list-style-type: none"> <li>• Provides support and resources to staff and faculty regarding health and wellness, medical absence and accommodation</li> </ul>
<p><b><u>Workplace Health</u></b>  ph: 519-661-2047  UCC Rm. 25 (lower level)  Western University</p>	<ul style="list-style-type: none"> <li>• Medical care, occupational surveillance, nursing care, health education, blood pressure screening, allergy injections, immunization, flu shots, physiotherapy or massage therapy available to full-time faculty and staff</li> </ul>
<p><b><u>Campus Student Case Manager: Anh Brown</u></b>  ph: 519-661-2111 ext. 85985  Western University</p>	<ul style="list-style-type: none"> <li>• Assists with the co-ordination of complex, multifaceted student issues (A resource for Faculty &amp; Staff who interact with students)</li> </ul>

For more information please contact: [healthservices@uwo.ca](mailto:healthservices@uwo.ca)

## **Additional Learning Opportunity at Western**

### **Mental Health First Aid**

Mental Health First Aid Canada teaches participants how to help someone showing signs of a mental health problem or experiencing a mental health crisis. The first aid is given until appropriate professional treatment is received or until the crisis is resolved. The concept is based on the model of medical first aid. Mental Health First Aid Canada is a 12-hour training course delivered in four modules of three hours each.

### **Mental Health E-Learning Module for Students, Staff and Faculty**

This interactive, online module is 30 minutes in length and provides basic information about signs and symptoms of mental health concerns, how to refer, and resources available on campus. A printable Certificate is available for personal records after completion. For staff members, successful completion will be noted in the electronic training record through “my Human Resources” and for students, completion will be noted on Western's HE system.

For more information and to access the module,  
visit: [http://www.health.uwo.ca/mental\\_health/module.html](http://www.health.uwo.ca/mental_health/module.html)

**Healthy Body / Healthy Mind** – Eat, Sleep, Exercise, Connect

**Mindful Eating Group Workshop** – Learn how to eat mindfully

## Community Services & Resources (available to all)

<p><a href="http://www.211ontario.ca">www.211ontario.ca</a> Dial: 211</p>	<ul style="list-style-type: none"><li>• Phone line and website that provides information and referrals to community and social services in Ontario; available 24/7.</li></ul>
<p><a href="#">Abused Women's Helpline</a> ph: 519-642-3000 Toll free: 1-800-265-1576 (Crisis Line, 24/7)</p>	<ul style="list-style-type: none"><li>• Provides support and information to women in abusive situations</li></ul>
<p><a href="#">Addiction Services of Thames Valley</a> ph: 519.673.3242</p>	<ul style="list-style-type: none"><li>• Community-based addiction programs by professionally trained counsellors</li></ul>
<p><a href="#">Canadian Mental Health Association (CMHA)</a> ph: 519-434-9191</p>	<ul style="list-style-type: none"><li>• National-wide organization that promotes the mental health of all</li><li>• Supports the recovery of persons experiencing mental illness</li></ul>
<p><a href="#">CMHA Crisis Services</a> (formerly London Distress Centre) ph: 591-433-2023 (Mental Health Crisis Line, 24/7)</p>	<ul style="list-style-type: none"><li>• Crisis Mobile Team Intervention</li><li>• Individual Crisis Counseling</li><li>• Peer Support</li></ul>
<p><a href="#">Connect for Mental Health</a> email: <a href="mailto:message@connectformentalhealth.org">message@connectformentalhealth.org</a></p>	<ul style="list-style-type: none"><li>• London peer-support organization coordinated by and for individuals who have been affected by mental illness</li><li>• Provide support, education, and outreach</li></ul>
<p><a href="#">ConnexOntario</a> ph: 1-800-565-8603 (Drug and Alcohol Helpline) ph: 1-866-531-2600 (Mental Health Helpline) ph: 1-888-230-3505 (Ontario Problem Gambling Helpline)</p>	<ul style="list-style-type: none"><li>• Ontario helplines providing health services information for people experiencing problems with drugs or alcohol, gambling and mental illness.</li></ul>
<p><a href="#">Hope's Garden</a> ph: 519- 434-7721 Location: 478 Waterloo St · London, ON, Canada · N6B 2P6</p>	<ul style="list-style-type: none"><li>• An eating disorders support and resource centre, offering a safe and supportive environment to people who suffer from eating disorders and for their families and friends</li></ul>
<p><a href="#">Kids Help Phone</a> ph: 1-800-668-6868 (Crisis Line, 24/7)</p>	<ul style="list-style-type: none"><li>• Provides counselling, referrals, and information to every young person in Canada from age 5 to 20</li></ul>
<p><a href="#">Good2Talk</a> 1-866-925-5454 (Post Secondary Student Helpline)</p>	<ul style="list-style-type: none"><li>• Dedicated help line for post secondary students in Ontario (ages 17-25)</li><li>• Professional counsellors and access to other services</li></ul>

<p><b><u><a href="#">Lesbian Gay Bi Trans Youth Line</a></u></b></p>	<ul style="list-style-type: none"> <li>• Provides support, information and referrals for youth 26 and under who live anywhere in Ontario</li> </ul>
<p>Toll free: 1-800-268-9688 (Sunday – Friday, 4pm – 9:30pm)</p>	
<p><b><u><a href="#">London's Abused Women's Centre</a></u></b></p>	<ul style="list-style-type: none"> <li>• Provides long term feminist counselling, advocacy and support to abused women</li> </ul>
<p>ph: 519-432-2204 (Monday – Friday, 9am – 5pm)</p>	
<p><b><u><a href="#">Sexual Assault Centre</a></u></b></p>	<ul style="list-style-type: none"> <li>• Provides supportive services to women 16 years of age and older who have experienced sexual violence at any point in their lives</li> </ul>
<p>ph: 519-438-2272 (Crisis support line, 24/7)</p>	
<p><b><u><a href="#">Women's Community House</a></u></b></p>	<ul style="list-style-type: none"> <li>• Offers services and support to assist women in crisis, transitioning out of crisis, and re-establishing a healthy life</li> </ul>
<p>ph: 519-642-3000 (Helpline) Toll free: 1-800-265-1576</p>	

## **Additional Community Websites**

[Centre for Addiction and Mental Health](#)

[Centre for Clinical Interventions](#)

[Mind your Mind](#)

[U Lifeline](#)

[Anxiety Disorders Association of Canada](#)

[The Anxiety Network International](#)

[Depression Lifelines](#)

[Depression Understood](#)

[National Eating Disorder Information Centre](#)

[Ementalhealth.ca](#)

[Can-Voice](#)

[Daya Counselling](#)

[FEMAP HOUSE](#)

[The PEPP Program](#)

[SOAHAC](#)

**Hospitals:**

LHSC – Inpatient and outpatient Mental Health

SJHC – Sexual Assault and Domestic Violence Centre

**To find a psychologist:**

[London Regional Psychological Association](#)

[Ontario Psychological Association](#)

**To find a social worker:**

[Ontario Association of Social Workers](#)

**To find a doctor:**

[Health Care Connect](#)