



# Mental Health Resources Summary

## [Campus Police](#)

(Dial **911** from any campus phone at Western)

## [Mental Health @ Western Website](#)

## [iWestern App](#)

(For iPhone, Blackberry & Android)

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ph. 519-661-3031

Location: WSS Rm. 4100

Western University

- Individual and crisis counselling
- Support groups for various issues including stress, anxiety and eating disorders

## [Student Health Services \(SHS\)](#)

ph. 519-661-3030

Location: UCC 11(lower level)

Western University

- Multidisciplinary counselling services
- Psychiatry, physician, social worker and RN
- Medication consultations

## [Residence Counsellor: Chris Mellon](#)

Location: Elgin Hall, Room 102

Western University

- Counselling services for students currently living on campus in residence

## [King's Counselling and Student Development](#)

ph. 519-433-3491 ext. 4321

Location: Wemple Building 157

King's University College

- Counselling services for students registered at King's University College

## [Art Therapy](#)

email: [peersupport@westernusc.ca](mailto:peersupport@westernusc.ca)

Western University

- Workshops as an outlet for anxiety and stress (includes drawing, painting, clay, and fabric art)

- Anonymous and confidential support group that meets weekly for students dealing with eating disorders

**Peer Support Centre**

ph: 519-661-3425

Email: [peersupport@westernusc.ca](mailto:peersupport@westernusc.ca)

Location: UCC 38

Western University

- A safe space for undergraduate students to connect to resources

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## **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.



[Lesbian Gay Bi Trans Youth Line](#)

**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](#)