

Mental Health Resources for Western Staff & Faculty:

PREVENTION: Practice wellness daily	CONCERN: When you notice a change	CRISIS: When you feel out of options
Personal wellness practices: Eat. Sleep. Exercise. Connect	Visit your family doctor	ASIST-trained Keep Safe Connection
LivingWell@Western	Seek the advice of a friend or family member	Call 911 if needed
Employee Assistance Program	Stress Management Techniques	Walk in to the Mental Health and Addictions Crisis Centre at 648 Huron Street or call Reach Out at (519) 433-2023

Mental Health Resources for Western Students:

PREVENTION: Practice wellness daily	CONCERN: When you notice a change	CRISIS: When you feel out of options
<i>Personal wellness practices:</i> Eat. Sleep. Exercise. Connect	Wellness@HILC(SHS, Psychological Services), Residence Counselling	ASIST-trained Keep Safe Connection
Wellness & Equity Education	Peer Support and Graduate Peer Support	&
Leadership and Learning	Stress Management Techniques	: \$GLFWLR \$GLFWLR
safeTALK & ASIST	Wellness & Equity Education	Anova 24-Hour Helpline: (519) 642-3000