

HERE TO HELP

GUIDE TO STUDENT WELLNESS MENTAL HEALTH SUPPORTS FOR STUDENTS

We've learned a lot of lessons this past year, and no doubt we will encounter new and unexpected challenges that will continue to push us to grow in the future. Together, we are committed to learning, engaging and improving at every step.

We recognize that as students it's difficult to know the resources available. This document is designed to provide you with a listing of wellbeing and mental health resources offered through Student Wellness Services.

We hope you find it helpful.





STUDENT WELLNESS

Live well. Achieve well.

WHAT IS STUDENT WELLNESS & WHAT DO WE OFFER?

Student Wellness provides leadership in building a healthy campus community. We facilitate the development of the whole person by utilizing innovative strategies to promote the students' optimal well-being and to achieve success in their academic careers.

Please encourage students to seek assistance and access our services.

www.wellness.uoguelph.ca



OUR SERVICES:

Accessibility Services

Counselling Services

Health & Performance Centre

Health Services

Sexual Violence Support

Student Support Network

Wellness Education & Promotion Centre



Click these to go to each webpage

Are you confused on how to navigate our many resources? You Can **START HERE** -

STUDENT WELLNESS NAVIGATORS

Connect with a Student Wellness Navigator who can answer questions you may have about campus services. "Navigators" act as the first point of contact, and work with you to discuss concerns, identify appropriate services and supports, and help to coordinate a plan.



519-824-4120 x52131 to book an appointment to speak to a Navigator.

Appointments are available Monday through Friday.



HEAR FROM YOUR PEERS ABOUT THEIR EXPERIENCES IN UNIVERSITY

STUDENT TRANSITION STORIES

The transition to first year can be tough and there will be bumps along the way. Challenges and setbacks are a normal part of university life.

Check out these videos of some current students sharing stories of their experiences starting university, the challenges they faced, and some of the tools and resources they used to come out ok on the other side.

View the full playlist here 

You can't change the circumstances, but you can change how you take care of yourself.

- PAIGE
2nd yr, Ancaster, ON

I thought it would be a lot easier than it was.

- HERLEENA
5th yr, Brampton, ON

You want to save the resources for others, but they're here for you too.

- MCKAYLAH
5th yr, Barbados

Academically - it's way harder than high school. I was a good student then, but my first mid-term grade was 30%...

- HARRY
5th yr, Brooklyn, ON

Your first stop for support services is our website: www.wellness.uoguelph.ca

Below is a list of programs available to you.

STUDENT PEER SUPPORT

STUDENT SUPPORT NETWORK (SSN)



Drop-in peer support provided by extensively trained student volunteers who provide confidential, non-judgemental listening and support to other students. Drop-in peer support is offered virtually between noon and 10 pm, Monday through Friday. **CONTACT:** www.wellness.uoguelph.ca/ssn

GRAD STUDENT SUPPORT CIRCLE (GSSC)



A confidential online peer support group for grad students across all faculties. GSSC offers a supportive group environment where grad students can talk about their unique experiences, hear others' perspectives, and discuss life in general. **CONTACT:** grad.circle@uoguelph.ca

USHINE PEER MENTORS



USHINE is a peer mentoring program that empowers students to develop lifelong successful habits to boost well-being. Students can meet one-to-one with a USHINE Peer Mentor to identify wellness goals and create a personalized wellness plan to meet these goals. Topics include sleep, nutrition, exercise, and much more. **CONTACT:** ushine@uoguelph.ca

GRYPHONS EMPOWERED BY MOVEMENT (GEM)



GEM is a referral-only program that is a collaboration between Student Wellness and Athletics. Program participants will be paired with a GEM Buddy, who help them experience different ways of incorporating physical activity into their lives, based on the participant's preferences. **CONTACT:** [519-824-4120](tel:519-824-4120) x52131 to [book an appointment with a navigator](#)

THE STUDENT RECOVERY COMMUNITY



The Student Recovery Community is an online space for folks who are interested in making changes to their substance use behaviours. This peer-led space provides opportunities for students to share their experiences and challenges with substance use and success in recovery. **CONTACT:** student.recovery@uoguelph.ca

STILL UNSURE WHERE TO GO FOR SUPPORT?

SPEAK TO A STUDENT WELLNESS NAVIGATOR



Student Wellness Navigators are the first point of contact for students seeking mental health support for the first time through Student Wellness Services. Navigators allow students to discuss their concerns, identify appropriate services and supports, and help them coordinate a plan. They are also available to answer questions staff and faculty have about campus services. **CONTACT:** [519-824-4120](tel:519-824-4120) x52131 to [book an appointment](#). [Appointments with a navigator are available Monday through Friday.](#)

SHINE



A facilitated 7-week interactive, skills-based workshop to boost overall well-being. Topics include mindfulness, gratitude, optimism, self-compassion, and effective stress management strategies. SHINE is offered in several concurrent groups including specific groups for BIPOC students, graduate students, and first year students living in residence. **Students can register for upcoming sessions via Gryphlife.**

CONTACT: [Jean Thompson, thompsja@uoguelph.ca](mailto:Jean.Thompson@uoguelph.ca)

BODY PROJECT

The Body Project is a workshop that aims to promote positive body image, reduce body shaming, and encourage folks to accept themselves as they are. **Students can register for upcoming sessions via Gryphlife.**

CONTACT: wellness@uoguelph.ca for more information

MOOD ROUTES



Mood Routes is a “group” walk at your own comfort level. A group meets online prior to embarking on individual walks and rejoins at the end to debrief their time spent separately, together! This walking group aims to support student mental and physical health by providing an opportunity to take a step back from responsibilities and stresses, engage with others at a social distance all whilst enjoying the healing effects of nature. **Students can access the online meeting link via Gryphlife.**

MINDFULNESS DROP-IN

An opportunity to use meditation and yoga to calm the mind, soothe reactivity, and develop a compassionate and kind heart. This group is an opportunity to connect with and learn from peers. Facilitated by a counsellor.

CONTACT: csgroups@uoguelph.ca

STRESS MANAGEMENT



Learn guided relaxation techniques for test anxiety, sleep, & general stress. This drop-in group is provided by Kathy Somers from the Stress Management & High Performance Clinic. Other Stress Management options through Kathy Somers: www.selfregulationskills.ca **CONTACT:** csgroups@uoguelph.ca

COUNSELLING SERVICES GROUPS



GROUPS INCLUDE:

- | | | |
|----------------------------------|------------------------------|-------------------|
| • Anxiety | (DBT) | • Grief and Loss |
| • Depression | • Building Social Confidence | • Meal Support |
| • Building Healthy Relationships | • Counselling Services Group | • Men's Group |
| • Dialectical Behaviour Therapy | • Eating Recovery | • Self-Compassion |

CONTACT: [Student Wellness Services navigator 519-824-4120 ext. 52131](#)

CONCUSSION TREATMENT



The Health and Performance Centre (HPC) recognizes the impact of concussions on health and well-being. Using a multi-disciplinary approach, HPC implements the latest scientific evidence in the diagnosis and treatment of concussions including sport medicine, mental health, physiotherapy, massage therapy, naturopathy and sport nutrition. With the new Ontario “Rowan’s Law”, HPC has developed concussion pathways for athletes and sport organizations to improve prevention, recognition, management and return to learn, life and/or sport. **CONTACT:** hpc@uoguelph.ca

Student Wellness strives to foster an environment that promotes acceptance and respect and values diversity. We recognize the diverse identities of our students and the need for accessible resources.

INTERNATIONAL STUDENT SUPPORT



keep.meSAFE offers counselling support by chat, phone and through ongoing virtual appointments at no cost to U of G international students and is supported by Student wellness.

You can contact keep.meSAFE anytime – day or night – to speak with a Counsellor who has experience supporting the unique challenges students face. Preferences available for language and culture of counsellor.

www.wellness.uoguelph.ca/keep.meSAFE

CHAT WITH A BIPOC COUNSELLOR



Available every week. Student Experience and Counselling Services have partnered to provide counselling for BIPOC students, every Thursday from 12:30-3:30pm. Sessions can be booked in advance or same day.

www.uoguelph.ca/studentexperience/BIPOCcounselling

STUDENT SUPPORT NETWORK FOR BIPOC STUDENTS



Wednesdays from 4-6pm. Drop-in peer support provided by extensively trained student volunteers who provide confidential, non-judgemental listening and support. www.wellness.uoguelph.ca/ssn

LGBTQ2IA+

Support is available for intersecting identities, students who are transitioning, and those who encounter intolerance. Start with our navigators to connect with a counsellor or other supports on campus.

[519-824-4120 x52131](tel:519-824-4120x52131) to book an appointment to speak to a Navigator





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ACCESSIBILITY SERVICES (SAS)

SAS helps students who experience temporary or permanent disabilities with academic accommodation. Students with a mental health disability need to be connected to support services before registering with SAS. We work closely with students and instructors to collaboratively determine what is needed.

Information about planning teaching and learning so that it is inclusive of students with disabilities can be found on the SAS Faculty & Staff webpage.

CONTACT: accessibility@uoguelph.ca / 519-824-4120 ext. 56208

COUNSELLING SERVICES

Counselling Services offers individual & group counselling to help support students through personal challenges. Students start with an appointment with a navigator.

CONTACT: 519-824-4120 ext. 53244

Drop-in Counselling Fall & Winter Sessions:

Monday - Friday from 12:30 - 3:30pm

Drop-in Counselling Summer Sessions:

Monday - Friday from 12:30 - 3:30pm

HEALTH & PERFORMANCE CENTRE (HPC)

The Health and Performance Centre(HPC) prevents and treats sports and activity-related injuries for the University of Guelph and the surrounding community through:

Sports Medicine, Orthopaedic Surgery, Sports Psychiatry, Concussion Treatment, Varsity Sports Physical and Mental Health Screening, Massage Therapy, Naturopathic Medicine, Physiotherapy, Chiropractic, Registered Dietician, Pedorthist

The services offered at the Health and Performance Centre are a fee for service, although many of the services are eligible for under OHIP, the student benefit plan and/or alternate benefit plans. For more information on the student benefit plan visit www.mystudentplan.ca/uoguelph.

CONTACT: 519-767-5011 (press 1 to reach reception) or visit www.wellness.uoguelph.ca/hpc

HEALTH SERVICES

Health Services is our on-campus health clinic, complete with physicians and nursing services and other health care practitioners including addictions counsellor and dietician.

CONTACT: 519-824-4120 ext. 52131

U OF G CAMPUS COVID-19 ASSESSMENT & TESTING CLINIC

Monday-Fridays from 9am - 4pm

By Appointment only. Location: J.T. Powell Building

CONTACT: 519-824-4120 ext. 52131

SEXUAL VIOLENCE SUPPORT & EDUCATION

Meaghan Morris, the Sexual Violence Support and Education Coordinator for the University, provides sexual violence support and education for students on campus, and relevant training for faculty and staff. She also provides consultation services to faculty and staff responding to disclosures of sexual violence. Faculty and staff are encouraged to refer survivors of sexual violence to her and/or consult on disclosures and potential complaints.

CONTACT: svinfo@uoguelph.ca / 519-824-4120 ext. 53020

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CONTACT: www.wellness.uoguelph.ca/ssn

WELLNESS ED & PROMOTION CENTRE

The Wellness Education & Promotion Centre offers health and wellbeing programming, resources, and student peer-to-peer support.