

There are many resources students can choose from; here are a list of services you can access when you need support:

Business Hours:

1. **Psychological Services in the Student Development Centre at Western** (room 4100 of the Western Student Services Building)
 - November 15-December 15th, 2016... 90- minute exam stress drop in sessions. Students need to go to SDC directly to book a drop in appointment. Appointments cannot be booked over the phone.
 - Individual Counselling
 - Crisis Counselling
2. **Student Health Services at Western** Room 11, UCC
 - The SHS multidisciplinary team includes psychiatrists, physician psychotherapists, and social workers to meet the varying needs of students.
 - Counselling is available year round by calling Student Health Services.
3. **Student Wellness Educator** (Leanne Bonello) at Brescia
 - Case Management portfolio serves Brescia and individual students by coordinating prevention, intervention, and support efforts across campus and community systems to assist at risk students and students facing emotional distress and/or crisis, life traumas, and other barriers that may impede success.
4. **Rhonda Gilby**- Psychologist
 - Rhonda offers counselling services one day a week on Brescia Campus.
 - \$100/session and you get reimbursed through your student health plan.
 - [519-860-2220](tel:519-860-2220) or rgilby@uwo.ca to book an appointment.

After Hours:

1. **CMHA Crisis Support Services at Western Peer Support Centre** in UCC Room 256.
 - November 15-December 16th, 2016 Tuesday, Wednesday, Thursdays from 5-9pm.
 - This is the same support at the CMHA Crisis Centre on Huron Street.
 - This service is available to all Brescia students too!
2. **Mental Health and Addiction CMHA Crisis Centre** 648 Huron Street
 - Open 24/7.
 - For more information, call [519-434-9191](tel:519-434-9191).
3. **Family Service Thames Valley Walk- In Clinic**- 125 Woodward Ave.
 - Every Tuesday 1-6:30pm
 - Drop in counselling.
4. **Good2Talk Post-Secondary Student Helpline** [1-866-925-5454](tel:1-866-925-5454)
5. If you have been sexually assaulted or think you might have been sexually assaulted here is a 24/7 service:

Regional Sexual Assault and Domestic Violence Treatment Centre at St. Joseph's Hospital

Room B0-644, 268 Grosvenor Street, London

Business hours:

(Monday to Friday: 8 a.m. to 4 p.m.) [519 646-6100 ext. 64224](tel:519-646-6100)

After hours: [519 646-6100](tel:519-646-6100), press "0" and ask switchboard to page the nurse-on-call for sexual assault and domestic violence