

Crisis Contact Information

IN-PERSON SUPPORTS

MONDAY - FRIDAY, DAYTIME

- [Health & Wellness \(including mental health support\)](#)
(519) 661-3030
UCC Room 11 (lower level)

Please note: Due to COVID-19, we have moved to a full-time virtual model of care and a part-time clinical model of care. We will not be able to see patients in person for visits that are not medically necessary, but we are available to provide appointments via a phone consultation.

[Book a Physical Health appointment](#)

[Book a Mental Health appointment](#)

- [Main Campus Residences](#)
If you are a student currently living in a Main Campus residence building and are in crisis, you can contact your residence front desk for response and support. View all residence [front desk phone numbers](#).
- [Campus Community Police Service](#)
Emergency: Call 911
Non-emergency or inquiries: (519) 661-3300

REMOTE SUPPORTS

24 HOURS/DAY, 7 DAYS/WEEK

- [Campus Community Police Service](#)
Emergency: Call 911
Non-emergency or inquiries: (519) 661-3300
- [Good2Talk – Confidential Helpline Phone](#)
1 (866) 925-5454 or text "GOOD2TALKON" to 686868
Good2Talk provides 24 hour confidential support services for post-secondary students in Ontario.
- [Reach Out 24/7](#)
(519) 433-2023
24-hour phone crisis assistance
- [First Nations and Inuit Hope for Wellness Help Line](#)
1 (855) 242-3310
24-hour culturally relevant telephone crisis intervention counselling
- [Anova](#)
(519) 642-3000 (24/7 crisis line)
Anova provides safe places, shelter, support, counselling, and resources for abused women, their children, and all oppressed individuals to find a new start.
- [Telehealth Ontario](#)
Toll-free: 1-866-797-0000
Toll-free TTY: 1-866-797-0007
Fast, free medical advice. In an emergency, do not call Telehealth. Call 911.