

## Explore Self-Care

“You can’t fill from an empty cup, take care of yourself first.”

**Student Health and Wellness:** Check out [lakeheadu.ca/shw-events](http://lakeheadu.ca/shw-events) for regularly scheduled yoga and meditation groups and wellness events on campus

### Wellness on Demand

#### Apps

- *Headspace*: Learn to relax with guided meditations and mindfulness techniques
- *Aloe Bud*: Bring awareness to self care activities using encouraging push notifications
- *ToDon't*: The to-do list app that helps you avoid stuff you really shouldn't be doing

#### Online Resources

- [selfcare.ca](http://selfcare.ca)
- [realcampus.ca](http://realcampus.ca)

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## Need to Talk?

“Everyone needs a helping hand once in a while.”

**Good2Talk Post-Secondary Helpline:** 24/7, free, professional and confidential support for anything you want to talk about • 1-866-925-5454

**Big White Wall:** 24/7, free, anonymous, on-line support for your mental health • [bigwhitewall.ca](http://bigwhitewall.ca)

**7 Cups:** Chat online with caring listeners, meet people who understand, try self-help • [www.7cups.com](http://www.7cups.com)

**Check out a campus support group (LUSU clubs)**

## Need Help NOW?

Are you feeling desperate and hopeless, worried you might hurt yourself or someone else, or having suicidal thoughts and alone with no one to talk to?

**Please get help immediately!**  
**Please do one of the following:**

- On Campus: Call 8911
- Off Campus: Call 911
- Thunder Bay Crisis Response Services: Offers mobile crisis response and 24/7 telephone services to youth and adults experiencing a mental health crisis 807-346-8282
- National Suicide Prevention Line 1-833-456-4566

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03

## Interested in Counselling?

“We don’t have to do all of it alone. We were never meant to.” - Brene Brown

### Student Health and Wellness

- Prettie Residence, 807-343-8361
- First visit? Call for one of our same-day appointments
- Returning client? Call or come in to book an appointment from 8:45am-4:15pm M, T, W & F or Th 8:45-3:30pm

### Counselling also connects you to:

- Wellness groups
- Community partners
- Specialized services

### Stepped Care Model



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