

# 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)

STEP  
01

STEP  
02

# 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

## TalkCampus:

24/7 global peer support community for students that provides your entire student body with support anywhere in the world via the TalkCampus app  
<https://www.talkcampus.io/lakehead-university>

## 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 groups-  
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: 8-911
- Off-Campus: Call 911
- CMHA 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

STEP  
04

STEP  
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 to book an appointment 9 am - 4:15 pm M, T, W, F or Th 9 am-3:15 pm.

## Counselling also connects you to:

- Wellness groups
- Community partners
- Specialized services

Stepped Care Model



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