

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 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

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

**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
8:45am - 4:15pm M, T, W, F or Th 8:45am-3:30pm.

Counselling also connects you to:

- Wellness groups
- Community partners
- Specialized services

Stepped Care Model



Lakehead
UNIVERSITY

Student Health
and Wellness