



WELLNESS CENTRE

The Wellness Centre provides on-campus support services to both full-time and part-time students at Lakehead University Orillia Campus. Services include:

- Personal Counselling
- Naturopathic Doctor
- Nurse Practitioner
- Classroom Presentations
- Resources for Faculty and Staff

The Wellness Centre can provide students in need a safe space when challenges arise and re-direction into on and off campus supports. The Wellness Centre also will offer campus wide trainings in Mental Health First Aid, ASIST, SafeTalk and Standard First Aid CPR.

Peer Wellness Educators are a team of students whose goal is to deliver health promotion on campus under the pillars of mental, physical, spiritual and emotional health. To learn more about our services and staff, visit www.lakeheadu.ca/current-students/student-services/or/health-and-wellness.

CONTACT US

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