

# Mental Health Resources for Western Staff & Faculty:

<p>PREVENTION: Practice wellness daily</p>	<p>CONCERN: When you notice a change</p>	<p>CRISIS: When you feel out of options</p>
<p>Personal wellness practices: <a href="#">Eat. Sleep. Exercise. Connect</a></p>	<p>Visit your family doctor</p>	<p>ASIST-trained Keep Safe Connection</p>
<p><a href="#">LivingWell@Western</a></p>	<p>Seek the advice of a friend or family member</p>	<p>Call 911 if needed</p>
<p><a href="#">Employee Assistance Program</a></p>	<p><a href="#">Stress Management</a> Techniques</p>	<p>Walk in to the <a href="#">Mental Health and Addictions Crisis Centre</a> at 648 Huron Street or call <a href="#">Reach Out</a> at (519) 433-2023</p>

# Mental Health Resources for Western Students:

<b>PREVENTION:</b> Practice wellness daily	<b>CONCERN:</b> When you notice a change	<b>CRISIS:</b> When you feel out of options
<i>Personal wellness practices:</i> <a href="#">Eat. Sleep. Exercise. Connect</a>	<a href="#">Wellness@HILQ</a> (SHS, Psychological Services), <a href="#">Residence Counselling</a>	ASIST-trained Keep Safe Connection
<a href="#">Wellness &amp; Equity Education</a>	<a href="#">Peer Support</a> and <a href="#">Graduate Peer Support</a>	& <a href="#">OHV@DKQ</a>
<a href="#">Leadership and Learning</a>	<a href="#">Stress Management</a> Techniques	: <a href="#">RWKH</a> <a href="#">OHV@DKQ</a> <a href="#">\$GLFWLRQ&amp;LVLV&amp;HQH</a> <a href="#">W</a> <a href="#">#QWJHWRE</a> <a href="#">#HK2W</a>
<a href="#">safeTALK</a> & <a href="#">ASIST</a>	<a href="#">Wellness &amp; Equity Education</a>	<a href="#">Anova</a> 24-Hour Helpline: (519) 642-3000