

FEEL OVERWHELMED?

Need someone to talk to?

TALK TO A STUDENT SUCCESS ADVISOR!

Student Success Advisors can help connect you to mental health, learning supports and other services that offer help. They can also direct you to on-campus activities to make connections and have fun!

COLLEGE WELLNESS SERVICES

MENTAL HEALTH SUPPORTS

AFTER-HOURS SERVICES

PEER SUPPORT

Want to talk to someone who's been there? Emotional and practical support is available with a peer navigator who has lived through similar wellness challenges to many students.

COUNSELLING SERVICES

Free and confidential mental health support for full-time students. Same day service is often available.

MEDICAL CARE

Discuss your health with a doctor or a nurse practitioner. Most services covered through OHIP or other student health insurance plans.

ON-CAMPUS EMERGENCY

If you are concerned about your safety or someone else's, contact Conestoga's **Security Services** any time.

GOOD2TALK

Free, confidential post-secondary student helpline. Provides support 24/7 service every day of the year.

Dial 1-866-925-5454 or text **GOOD2TALKON** to 686868

OFF-CAMPUS EMERGENCY

In an emergency, go to your local **hospital** or dial **911**

BE-DAH-BIN GAMIK (A PLACE OF NEW BEGINNING)

Support services for Indigenous students, including counselling and Elders-in-Residence programs.