

Course Outline

COURSE:	LAWS 3604 A: International Organizations
TERM:	WINTER 2026
PREREQUISITES:	LAWS 2601 and 0.5 credit in LAWS at the 2000 level or PAPM 1001 and PSCI 2003.
CLASS:	Day & Time: Thursday from 11:35 am to 2:25 pm
	Course Format: Synchronous in-person lecture and interactive class discussion. Students are expected to prepare in advance and participate.
INSTRUCTOR:	Dr Sean Richmond (He/Him)
CONTACT:	Office: D497 Loeb Building Office Hrs: Thursdays 3 pm - 5 pm or by appointment Telephone: 613-520-2600 x. 2082 Email: sean.richmond@carleton.ca Note: please use your Carleton account for email communication. Questions will not be answered on the weekends, or 24 hours before assignments are due. Students are warmly encouraged to consult with the instructor during regular business hours, and well in advance of assessment dates.

COUSE CALENDAR DESCRIPTION

Nature, character, legal status and jurisdiction of intergovernmental international organizations. Rights and duties of states arising from membership in international organizations. Distinction between international and supra-national institutions. United Nations system, selected subsidiary organs, and specialized agencies; non-governmental organizations at times of crisis.

COURSE DESCRIPTION

International organizations are highly relevant to global affairs and domestic politics. We see this when the United States tries to sanction a Canadian judge at the International Criminal Court, and the World Health Organization influences how states respond to global pandemics such as COVID-19. Alongside this relevance, however, international organizations are often misunderstood by members of the public. They are also often criticized by right-wing nationalist politicians and some left-wing critical voices who question the legitimacy of these institutions to restrain the sovereignty of states and, by extension, their populations. How did we get here, with such strange bedfellows attacking what used to be considered the cooperative foundations of the international legal order following the Second World War?

With this contemporary puzzle in mind, this interdisciplinary course aims to empower students to better understand and critically analyze what international organizations are, where they came from, and what they can and cannot do to help address the world's shared challenges. We will examine key theories of the nature, role and limits of such organizations in international relations and Canadian politics; relevant legal principles and rules shaping these relationships; and how these theories and rules apply to

important historical and contemporary case studies. The course assesses why and how international organizations are created by states; what legal obligations and powers these entities have; how their authority develops and is challenged over time; and whether these bodies act independently of their creators. Examples of institutions that will be examined include the United Nations Security Council, the UN General Assembly, the International Court of Justice, and the International Criminal Court.

The course is aimed at third-year undergraduate students who have some prior knowledge of international law or international affairs. The instructor will provide short overview lectures and facilitate class discussion. However, to encourage a collaborative and inclusive learning environment, students are also expected to actively and respectfully participate in the weekly discussions, and to keep up with the readings and assignments. Students will select one week where they will speak for about 10 minutes on a question related to that week's topic and readings.

Throughout the semester, we will analyze how international organizations shape international politics and, conversely, how international politics affect international organizations. With this in mind, topics will be examined from a legal, political and historical perspective. Practice problems, court cases, and current events will also be employed to help students critically analyze and apply the theoretical perspectives and legal rules that we discuss to the real world of foreign affairs. Finally, exciting guest speakers from government and non-governmental organizations have been invited to provide additional insight on cutting-edge issues such as Canada's recent contributions to the work of the UN General Assembly. They will also discuss potential volunteer and employment opportunities in international law and international relations, to inspire students to think about their broader career aims.

Learning aims: at the end of the seminar, students should be able to:

1. Demonstrate knowledge of the legal principles, rules, theories and topics that are discussed; and of the different ways that law and politics interact in the work of international organizations.
2. Identify international legal issues and apply relevant ideas and rules to the case studies and challenges that they encounter in and outside of the class.
3. Critically reflect on the political and historical context in which international organizations operate in world affairs, and the power inequalities and colonial legacies associated with them.
4. Read, summarize and analytically evaluate a judicial decision that involves an international organization.
5. Research and construct thoughtful, evidence-based arguments about questions related to international organizations, and show an awareness of the assumptions, insights and limits of these arguments.

TIPS FOR SUCCESSFUL LEARNING

Juggling university studies with life can be challenging. So here are a few tips that will help you succeed:

Stay on top of the course schedule: attend class, ask and reply to questions, take notes, and prepare in advance. Regular attendance and participation are required, and will help you keep up with the material. This will also help you manage multiple courses and commitments.

Engage with the material: the readings are important, and form the basis of our class discussions and

the student-led talks (discussed below). The course will also include exciting guest speakers, practice problems, and advice about the assignments and exams. So stay engaged.

Stay on top of the readings: review the assigned readings in advance of the relevant class, and take notes or identify questions. The readings are also a good source of further references and research ideas for your assignments.

If you have questions, please ask! I am happy to respond to thoughtful emails. If you need a more thorough explanation, you are warmly encouraged to connect during office hours or after class.

Stay flexible and positive: we are all doing our best to learn together. If unexpected challenges arise during the semester, we will manage them together. I will provide regular updates to the class, and identify any adjustments that need to be made. I am excited for a great term! I hope you are as well.

REQUIRED TEXTS

1) Ian Hurd. *International Organizations: Politics, Law, Practice*, 5th ed. (Cambridge Univ. Press, 2024). Copies will be available for purchase at the Carleton bookstore (\$51) and for loan through Ares at library reserve. Students are also free to order second-hand versions.

2) John H. Currie. *Public International Law*, 2nd ed. (Irwin Law, 2008). Depending on your familiarity with international law, this book can be used as a “refresher” on the international legal rules applicable to the topics we study. Copies will be available from the bookstore (\$60) and at library reserve. Students are also free to order second-hand versions.

In addition to these books, further readings and case studies will be uploaded to the course website on Brightspace, or identified as available online.

SUPPLEMENTARY TEXTS

For further information on the course topics and resources for completing the assignments, the required texts include suggestions for further reading. In addition, the following works are also recommended:

Jose Alvarez. *International Organizations as Law Makers* (Oxford University Press, 2006).

Philippe Sands & Pierre Klein. *Bowett's Law of International Institutions*, 6th ed. (Sweet & Maxwell, 2009).

Jan Klabbers. *An Introduction to International Organizations Law*, 4th ed. (Cambridge Univ. Press, 2022).

D. Sarooshi. *International Organizations and their exercise of sovereign powers* (Oxford U. Press, 2005).

T. Weiss & R. Thakur. *Global Governance and the UN: An Unfinished Journey* (Indiana U. Press, 2010).

Antony Anghie. *Imperialism, Sovereignty and Making of International Law* (Cambridge U. Press, 2012).

Kamari Maxine Clarke. *Affective Justice: The International Criminal Court and the Pan-Africanist Pushback* (Duke University Press, 2019).

Gina Heathcote. *Feminist Dialogues on International Law* (Oxford University Press, 2019).

Caitlin Biddolph. *Queering Governance and International Law* (Oxford Univ. Press, 2025).

Sean Richmond. *Unbound in War? International Law in Canada and Britain's Participation in the Korean*

War and Afghanistan Conflict (Univ. of Toronto Press, 2021).

Sean Richmond, Holly Cullen and Philipp Kastner. *The Politics of International Criminal Law* (Brill, 2021)

WEBSITE

The class schedule, updates, assignment submission portals, and other important materials will be posted on the course website on Brightspace. Announcements and grades will also be communicated this way. Visit <https://brightspace.carleton.ca>, and login with your MyCarleton 1 username and password. You must be registered in the course to access the course website.

To help ensure a positive online learning experience, students need to please regularly check the course website and read the update emails sent by the instructor. If you have questions about how to use Brightspace, there is a support site for students: <https://carleton.ca/brightspace/students/>

EVALUATION

Note: Standing in a course is determined by the instructor subject to the approval of the Department and Faculty Dean. This means that grades submitted by the instructor may be subject to revision. No grades are final until they have been approved by the Department and the Dean.

Recalling the learning aims noted earlier, performance in the course will be evaluated as follows:

- | | |
|---|-----|
| 1. Attendance and Participation | 20% |
| 2. Short (10 min.) talk to class – students select one week | 15% |
| 3. Research paper – due Friday February 27 | 30% |
| 4. Final exam – to be held in the final exam period | 35% |

All evaluation components must be completed to be eligible to receive a passing grade.

1. Attendance and Participation: worth 20% of final grade

To encourage a collaborative learning environment, students are expected to actively and respectfully participate in the weekly class discussions, and demonstrate that they are completing and thinking about the readings. In addition to regular attendance, the frequency and substance of contributions will be used to determine the participation grade. Examples of helpful contributions include applying legal rules to case studies, comparing how and why different scholars agree or disagree, identifying the broader issues and assumptions in our discussions, and responding to the ideas of your peers.

Attendance is mandatory. However, to provide flexibility and accommodate unexpected life events, students can miss one class, for whatever reason, without penalty. If illness or other issues arise that cause you to miss multiple seminars, please let me know. In all cases of absence, students remain responsible for the materials discussed in class, including assignments, and are advised to make appropriate arrangements with other students to fulfill this responsibility.

2. Short Talk to the class: worth 15% of final grade

To facilitate active learning and practice effective communication, students will select **one** week where they will speak to the class. The sign-up sheet for these talks will be completed in our first class. We will have four students speak per week. Think in advance about which week you would like to discuss.

Students are expected to talk for about 10 minutes on a question related to the week's topic and readings. These Discussion Questions are listed in the weekly class schedule on Brightspace. Students can select one of these questions, one of the issues identified in the assigned readings each week, or another relevant question they wish to explore. To help inspire impressions of the material, review the Discussion Questions before completing the readings. Take notes as you read.

Performance in the talk will be evaluated based on the extent to which students show they understand the readings, have reflected on the theoretical and policy significance of their question, and can connect this issue with broader themes in the course. Further information will be provided in class.

3. Research Paper: worth 30% of final grade

The Research Paper provides students with an opportunity to research and construct a thoughtful, evidence-based argument about a question related to international organizations, and show an awareness of the assumptions, insights and limits of this argument.

The assignment will be up to 2,000 words long, not including footnotes and bibliography. It should be typed in 12-point font, double spaced, and submitted as a Word or PDF document through Brightspace. It is **due by 11 pm on Friday February 27**. Absent prior approval, papers submitted past the due date will incur a late penalty of -1 marks (out of 30) per day, including weekends. Ensure that you save your work regularly in multiple ways, and retain a copy of your submitted paper.

To support students in their research and time management, a one-page research paper **proposal** is due beforehand by **11 pm on Friday February 6**. This proposal should include a 250-word summary of the question you are examining, the argument you seek to make, and what theory or approach you will draw on to support this argument. It should also include an initial bibliography listing six scholarly and/or primary sources. It will be evaluated on a Pass/Fail basis.

Students select a question from a list of four topics. This list will be posted to Brightspace on Tuesday January 13. Alternatively, students can propose to research their own question, provided they discuss this with me or the TA beforehand. Further information and evaluation criteria will be provided in class.

4. Final Exam: worth 35% of final grade

To provide students with an opportunity to demonstrate their cumulative and reflective understanding of the course material and learning aims, there will be a closed-book final exam administered during the regular exam period from Saturday April 11, 2026, to Thursday April 23. The exact date and time will be scheduled by Examination Services later in the term. Until then, please keep this exam period clear in your schedules. The exam will be completed in person and on campus.

The exam is worth 35% of the final grade. It will comprise short-answer and longer essay-style questions. Students will be responsible for all the required readings and cases, as well as the material covered by the lectures, class discussions, and guest speakers. Further information and study guidance will be provided later in the term.

COURSE SCHEDULE**Key Dates:**

Monday January 5, 2026 – winter term starts

Monday February 16 – Family day holiday

Monday February 16 to Friday February 20 – winter reading break

Wednesday April 8 – winter term ends

Saturday April 11 to Thursday April 23 – Exam period

Please note that the following schedule and readings may change slightly as the term progresses. Any changes will be announced via Brightspace and/or in class.

Week 1: Thursday January 8*Introduction – first seminar*

Required reading: 1) the course syllabus; and 2) Hurd, ch. 1 – Introduction.

Note: students will introduce themselves, and sign up for their Short Talk to the class.

Week 2: Thursday January 15*Theories and Methods: Part 1 of 2*

Required reading: 1) Hurd, ch. 2 – Theory, Methods, and International Organizations; 2) Currie, ch. 1 – The Nature and Origins of Public International Law at pg. 1-19; and 3) “Bob Rae Had ‘Wings Clipped’ For Defending International Criminal Court”, *The Maple*, 12 Dec. 2025, online: <https://www.readthemaple.com/bob-rae-had-wings-clipped-for-defending-international-criminal-court/?ref=maple-digest-news-newsletter>

Note: the questions and instructions for the Research Paper will be released on Tuesday January 13.

Student Speakers: 1. _____ 2. _____ 3. _____ 4. _____

Week 3: Thursday January 22*Theories and Methods: Part 2 of 2*

Required reading: 1) Anne Orford and Florian Hoffman, Introduction: Theorizing International Law, in *The Oxford Handbook of the Theory of International Law* (Oxford U. Press, 2016), available online through university library; 2) Currie, ch. 2 – International Legal Personality at pg. 21-40; 3) Jan Klabbers, Theorizing International Organizations, in *Oxford Handbook of the Theory of IL*; and 4) United Nations Refugee Agency, “Governance and oversight” and “What We Do”, online: <https://www.unhcr.org/>

Student Speakers: 1. _____ 2. _____ 3. _____ 4. _____

Week 4: Thursday January 29

There is no lecture today as I will not be in Ottawa this week.

Week 5: Thursday February 5*The United Nations: Part 1 of 2*

Required reading: 1) Hurd, ch. 3 – The United Nations I: Law and Administration; 2) UN Charter, 1945, online: <https://www.un.org/en/about-us/un-charter/full-text>; 3) Sean Richmond, “Unbound in War? International Law and Britain’s Participation in the Korean War” (2020) 10/2, *Asian Journal of International*

Law at 233-260, library online; and 4) UN General Assembly Resolution ES-11/4, *Territorial integrity of Ukraine: defending the principles of the Charter of the UN*, 12 Oct. 2022, available at: <https://docs.un.org/en/A/RES/ES-11/4>

Student Speakers: 1. _____ 2. _____ 3. _____ 4. _____

Note: recall that your one-page Research Paper proposal is due by 11 pm on Friday February 6.

Week 6: Thursday February 12

The United Nations: Part 2 of 2

Required reading: 1) Hurd, ch. 4 – The United Nations II: International Peace and Security; 2) Vaughan Lowe, Adam Roberts and Jennifer Welsh, ch. 1 – Introduction, in *The United Nations Security Council and War* (OUP, 2010), library online; and 3) Gina Heathcote, ch. 5 – Feminist Perspectives on the Law on the Use of Force, in *Oxford Handbook of the Use of Force in IL*, library online.

Student Speakers: 1. _____ 2. _____ 3. _____ 4. _____

Week 7: Reading Break – February 16 to 20

There are no classes this week.

Week 8: Thursday February 26

The International Court of Justice

Required reading: 1) Hurd, ch. 10 – The International Court of Justice; 2) What is the International Court of Justice and why does it matter?”, UN News: <https://news.un.org/en/story/2024/01/1145392>; 3) UN News, “UN court rules against Japan’s whaling activities in the Antarctic”, 31 March 2014: <https://news.un.org/en/story/2014/03/465062>; and 4) Raffi Berg, “What is South Africa’s genocide case against Israel at the ICJ?”, 24 May 2024, BBC News online: <https://www.bbc.com/news/world-middle-east-67922346>.

Student Speakers: 1. _____ 2. _____ 3. _____ 4. _____

Note: recall that your Research Papers are due by 11 pm on Friday February 27.

Week 9: Thursday March 5

The International Criminal Court

Required reading: 1) Hurd, ch. 11 – The International Criminal Court; 2) Rome Statute of the ICC: <https://www.icc-cpi.int/sites/default/files/2024-05/Rome-Statute-eng.pdf>; 3) Sean Richmond, “The Crime of Aggression: Shifting Authority for International Peace?”, in *International Criminal Law in Context*, ed. by Philipp Kastner (Routledge, 2017) at 149-69, library online; and 4) “Judgment at Nuremberg verdict”, video clip online: <https://www.youtube.com/watch?v=N3BwK51YFgQ>

Student Speakers: 1. _____ 2. _____ 3. _____ 4. _____

Week 10: Thursday March 12

The International Labour Organization

Required reading: 1) Hurd, ch. 7 – The International Labour Organization; 2) Brian Langille, ch. 22 - Labour, in *The Oxford Handbook of International Organizations* (OUP, 2016), library online; 3) “Casting a light on dependent contractors”, 25 Aug. 2025, ILO website; and 4) *Amazon Canada Fulfillment Services*, ULC, 2025 BCLRB 155, BC Labour Relations Board Decision, available online: <https://www.unifor.org/news/all-news/bc-labour-board-slams-amazon-appeal-ruling>

Student Speakers: 1. _____ 2. _____ 3. _____ 4. _____

Week 11: Thursday March 19*The History of International Organizations: Capitalism and War?*

Required reading: 1) Madeleine Herren, ch. 4 - International Organizations, 1865–1945, in *The Oxford Handbook of International Organizations*, library online; 2) B. S. Chimni, ch. 5 – International Organizations, 1945–Present, in *The Oxford Handbook of International Organizations*, library online; 3) Umut Ozsu, “Organizing Internationally: Georges Abi-Saab, the Congo Crisis, and the Decolonization of the United Nations”, 31 (2020) *European Journal of International Law* at pg. 601-619, library online; and 4) Canada’s Department of Justice, “Implementing the United Nations Declaration on the Rights of Indigenous Peoples Act”, online: <https://www.justice.gc.ca/eng/declaration/index.html>

Student Speakers: 1. _____ 2. _____ 3. _____ 4. _____

Week 12: Thursday March 26*Canada and International Organizations*

Required reading: 1) Margaret MacMillan, “Canada and the Peace Settlements”, in *Canada and the First World War*, David Mackenzie (ed.), (Univ. of Toronto Press, 2005), library online; 2) Sean Richmond, ch. 5 - Canada and the Korean War, in *Unbound in War?*, library online; 3) Sean Richmond, ch. 7 – Canada and the Afghanistan Conflict, in *Unbound in War?* (Univ. of Toronto Press, 2021), library online; and 4) NATO Treaty, 1949: https://www.nato.int/cps/en/natohq/official_texts_17120.htm

Student Speakers: 1. _____ 2. _____ 3. _____ 4. _____

Week 13: Thursday April 2*Conclusion and Exam Review*

Required reading: review your notes and bring any exam questions you have for discussion.

We will also use this final class for any Student Speakers that had to reschedule during the term:

1. _____ 2. _____ 3. _____

PLAGIARISM

Plagiarism is presenting, whether intentional or not, the ideas, expression of ideas or work of others as one's own. Plagiarism includes reproducing or paraphrasing portions of someone else's published or unpublished material, regardless of the source, and presenting these as one's own without proper citation or reference to the original source. Examples of sources from which the ideas, expressions of ideas or works of others may be drawn from include but are not limited to: books, articles, papers, literary compositions and phrases, performance compositions, chemical compounds, art works, laboratory reports, research results, calculations and the results of calculations, diagrams, constructions, computer reports, computer code/software, and material on the Internet.

Plagiarism is a serious offence. More information on the University's Academic Integrity Policy can be found at: <https://carleton.ca/registrar/academic-integrity/>.

PROHIBITION ON USE OF GENERATIVE A.I.

To encourage original thought and engagement by students in this course, the use of generative Artificial Intelligence tools to produce assessed content is generally prohibited, and will be considered a violation of academic integrity standards.

Students may use AI tools for basic word processing and formatting functions, including a) grammar and spell checking, and b) minor formatting and style suggestions. If there is any uncertainty about this policy, students are encouraged to discuss their questions in class with the instructor.

PROHIBITION ON SUBMITTING PRIOR WORK

To encourage original thought and engagement by students in this course, students are prohibited from submitting any work that is substantially similar to work that has been submitted for academic credit in another course. Any such submission will be considered a violation of academic integrity standards. If there is any uncertainty about this policy, students are encouraged to discuss their questions in class with the instructor.

ACADEMIC ACCOMMODATIONS

Carleton is committed to providing academic accessibility for all individuals. You may need special arrangements to meet your academic obligations during the term. The accommodation request processes, including information about the Academic Consideration Policy for Students in Medical and Other Extenuating Circumstances, are outlined on the Academic Accommodations website (<https://students.carleton.ca/course-outline>). You may need special arrangements to meet your academic obligations during the term. For an accommodation request the processes are as follows.

Pregnancy and Family-Status Related Accommodations: Write to me with any requests for academic accommodation during the first two weeks of class, or as soon as possible after the need for accommodation is known to exist. For more details about the accommodation policy, visit the Equity and Inclusive Communities (EIC) website.

Religious Obligation: Write to me with any requests for academic accommodation during the first two weeks of class, or as soon as possible after the need for accommodation is known to exist. For more details, please go to: <https://carleton.ca/equity/focus/discrimination-harassment/religious-spiritual-observances/>

Academic Accommodations for Students with Disabilities: The Paul Menton Centre for Students with Disabilities (PMC) provides services to students with Learning Disabilities (LD), psychiatric/mental health disabilities, Attention Deficit Hyperactivity Disorder (ADHD), Autism Spectrum Disorders (ASD), chronic medical conditions, and impairments in mobility, hearing, and vision. If you have a disability requiring academic accommodations in this course, please contact PMC at 613-520-6608 or pmc@carleton.ca for a formal evaluation. You can find the Paul Menton Centre online at: <https://carleton.ca/pmc/>

If you are already registered with the PMC, contact your PMC coordinator to send me your Letter of Accommodation at the beginning of the term, and no later than two weeks before the first in-class scheduled test or exam requiring accommodation (if applicable). After requesting accommodation from PMC, meet with me to ensure accommodation arrangements are made. Please consult the PMC website for the deadline to request accommodations for the formally-scheduled exam (if applicable).

Survivors of Sexual Violence: As a community, Carleton University is committed to maintaining a positive

learning, working and living environment where sexual violence will not be tolerated, and where survivors are supported through academic accommodations as per Carleton's Sexual Violence Policy. For more information about the services available at the university and to obtain information about sexual violence and/or support, visit: <https://carleton.ca/equity/sexual-assault-support-services>

Accommodation for Student Activities: Carleton University recognizes the substantial benefits, both to the individual student and for the university, that result from a student participating in activities beyond the classroom experience. Reasonable accommodation must be provided to students who compete or perform at the national or international level. Please contact your instructor with any requests for academic accommodation during the first two weeks of class, or as soon as possible after the need for accommodation is known to exist. Read more here: <https://carleton.ca/senate/wp-content/uploads/Accommodation-for-Student-Activities-1.pdf>

For more information on academic accommodation, please visit: <https://students.carleton.ca/services/accommodation/>.

REQUESTS FOR EXTENSIONS

In recent years, requests have been increasing for extensions that do not meet one of the recognized Academic Accommodation categories above. When responding to such requests, instructors aim to support the individual circumstances of each student, while also maintaining fairness to other students and academic integrity for our courses. Please keep this in mind if you are considering requesting an extension.

Such requests are determined by the instructor, who will confirm whether the request is granted and, if so, the length of the extension. For requests less than seven days, please complete the self-declaration form below, and submit it to the instructor *prior* to the assignment due date:

<https://carleton.ca/registrar/wp-content/uploads/self-declaration.pdf>

Extensions longer than seven days will normally not be granted. In those extraordinary cases where more time is needed, the student must provide additional info to justify this (up to a maximum of 14 days).

LAW DEPARTMENT POLICY

The Department of Law and Legal Studies operates in association with certain policies and procedures. Please review these documents to ensure that your practices meet our Department's expectations: <https://carleton.ca/law/student-experience-resources/>

Academic Consideration for Medical and Other Extenuating Circumstances

Due to medical and other extenuating circumstances, students may occasionally be unable to fulfill the academic requirements of their course(s) in a timely manner. The University supports the academic development of students and aims to provide a fair environment for students to succeed academically. Medical and/or other extenuating circumstances are circumstances that are beyond a student's control, have a significant impact on the student's capacity to meet their academic obligations, and could not have reasonably been prevented.

Students must contact the instructor(s) as soon as possible, and normally no later than 24 hours after the submission deadline for course deliverables. If not satisfied with the instructor's decision, students can conduct an "informal appeal" to the Chair of the department within three (3) working days of an

instructor's decision. We have created a webform specifically for appeals to the Chair, which can be found here: <https://carleton.ca/law/application-for-review-of-refusal-to-provide-academic-consideration/>

Note: This form only applies to LAWS courses and is not the same as a formal appeal of grade.

UNIVERSITY STATEMENT ON STUDENT MENTAL HEALTH

As a University student you may experience a range of mental health challenges that significantly impact your academic success and overall well-being. If you need help, please speak to someone. There are numerous resources available both on- and off-campus to support you. Here is a list that may be helpful:

Emergency Resources (on and off campus):

- <https://wellness.carleton.ca/get-help-now/>

Carleton Resources:

- Mental Health and Wellbeing: <https://carleton.ca/wellness/>
- Health & Counselling Services: <https://carleton.ca/health/>
- Paul Menton Centre: <https://carleton.ca/pmc/>
- Academic Advising Centre (AAC): <https://carleton.ca/academicadvising/>
- Centre for Student Academic Support (CSAS): <https://carleton.ca/csas/>
- Equity & Inclusivity Communities: <https://carleton.ca/equity/>

Off Campus Resources:

- Distress Centre of Ottawa and Region: (613) 238-3311 or TEXT: 343-306-5550, <https://www.dcottawa.on.ca/>
- Mental Health Crisis Service: (613) 722-6914, 1-866-996-0991, <http://www.crisisline.ca/>
- Good2Talk: 1-866-925-5454, <https://good2talk.ca/>
- The Walk-In Counselling Clinic: <https://walkincounselling.com>