Resource Guide for Mental Health and Well-Being

Carleton provides a wide variety of accessible resources and services that allow students to maximize and manage their mental health and well-being. This guide can assist in matching students to the appropriate level of support based on their specific needs.

<table>
<thead>
<tr>
<th>Thriving on Campus</th>
<th>Everyday Stress</th>
<th>Mild Mental Health Concerns</th>
<th>Moderate Mental Health Concerns</th>
<th>Complex Mental Health Concerns</th>
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<tbody>
<tr>
<td>Positive mental health and well-being, with high levels of energy, engagement and functioning.</td>
<td>Occasional difficulties in responding to academic, personal, social, financial or health issues. These issues are common to many students.</td>
<td>More persistent difficulties in coping, causing some anxiety or lowered mood with an impact on self-care. Problems at this level are often situational and reversible.</td>
<td>Mental health challenges or levels of distress that have a greater impact on daily functioning, academics or social interactions.</td>
<td>Complex mental health challenges that limit daily functioning and require specialized care, a treatment plan or monitoring.</td>
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Information, awareness and self-help resources:
- Mental Health & Well-Being Website
- Pop-Up Wellness
- Health Promotion
- Campus Involvement
- Campus Events

Education, skill building and social connections:
- TAO Online Self-Help
- KORU Mindfulness
- Mental Health Workshops
- Student Support Services
- CUSA Support Services
- Carleton Therapy Dogs

Prevention and early intervention:
- Peer Support
- TAO Online Therapy
- Same-Day Counselling
- Empower Me
- Paul Menton Centre for Students with Disabilities (PMC)
- Big White Wall
- Good2Talk

Face-to-face support:
- Individual Counselling
- Group Support
- Empower Me
- From Intention to Action (FITA)
- Physician Mental Health Assessment

Coordinated care may involve:
- Manager of Student Care and Support
- Student Support Services
- Individual Counselling
- Psychiatric Care and Consultation
- Off-Campus Support and Referrals

detailed descriptions are available on the reverse.
**Big White Wall**
bigwhitewall.ca
- 24/7 online mental health and well-being service
- Safe and anonymous peer support community
- Self-help programs, tools, resources and creative outlets

**Campus Events**
students.carleton.ca/events
- Interact and learn through workshops, speakers and activities
- Thrive Week, Pop the Stigma, Wellness Wednesdays, and much more

**Campus Involvement**
students.carleton.ca
- Clubs and societies: Department of Recreation and Athletics
- Volunteer opportunities
- Workshops and training

**Carleton Therapy Dogs**
carleton.ca/wellness
- Care, comfort and support through animal-assisted therapy
- Positive effects for a wide range of stressors
- One-on-one and group visits available

**CUSA Support Services**
cusaonline.ca
- Student operated spaces to serve diverse campus needs
- Provide support, community and drop in events
- Wellness Centre resources and referral service
- Peer Support offered through various support services

**Empower Me**
cusaonline.ca
- Free 24/7 mental health service available in the community for undergraduate students
- Connect in-person, by telephone or videoconferencing with professional counsellors, consultants, life coaches for support
- Services are multilingual, culturally sensitive and gender and faith inclusive

**From Intention to Action (FIT: Action)**
carleton.ca/fita
- Structured individual counselling for students struggling academically
- Combines personal counselling with skills to improve academic performance

**Good2Talk**
good2talk.ca
- 1-866-922-5454
- 24/7 free and confidential helpline
- Professional counselling for post-secondary students in Ontario
- Information and referrals for mental health, addictions and well-being

**Group Support Services**
Health and Counselling Services
carleton.ca/health
- Information, education and support on a variety of topics
- Available throughout the year
- Learn skills, share resources, connect with others experiencing similar issues

**Health Promotion Services**
Health and Counselling Services
carleton.ca/health
- Student teams promote specific health-related topics
- Information, resources and advocacy for a healthy lifestyle and wellness
- On-campus workshops, booths, events, etc.

**Individual Counselling**
Health and Counselling Services
carleton.ca/health
- Short-term one-on-one counselling
- Assistance and support for problems impacting mental health, academics or personal life
- Referrals to community or on-campus resources
- Counsellors available in Residence for students living on-campus

**KORU Mindfulness**
carleton.ca/wellness
- 4-week program
- Learn skills that calm and focus the mind
- Topics include mindfulness, meditation and stress management

**Manager of Student Care and Support**
Student Affairs
carleton.ca/studentaffairs/care-report
- Case manager for students with campus care needs
- Consultation for members of the campus community
- Assistance in navigating resources and student services

**Mental Health Champions**
Housing and Residence Life Services
housing.carleton.ca
- Student volunteers promote positive psychology and resilience within residence community
- Activities include on skill-building and resources for well-being

**Mental Health and Well-Being Website**
carleton.ca/wellness
- Information for mental health and well-being
- Online self-help, tools and resources
- Find support, help others, get involved

**Mental Health Workshops**
carleton.ca/wellness
- Variety of workshops scheduled throughout the year
- Topics include mindfulness, anxiety, resilience, positive psychology, reducing stress, supporting a friend in distress and more

**Paul Menton Centre for Students with Disabilities (PMC)**
carleton.ca/pmc
- Support for students with disabilities
- Disability advising and faculty development
- Disability-related accommodations

**Peer Support**
carleton.ca/wellness
- Connect with peers for support, resources and tips to help navigate university
- Variety of peer support programs on campus to help with academics, making connections, improving well-being

**Physician Mental Health Assessment Health and Counselling Services**
carleton.ca/health
- Assessment and support by general practitioners
- Provide diagnoses, complete accommodation forms, prescribe medication and refer to off-campus specialists if needed

**Pop-Up Wellness Centre**
carleton.ca/wellness
- Peer-led initiative to increase awareness and engagement on campus
- Promotion of resources, tools and skills for well-being, success and resilience
- Events listed on the Mental Health and Well-Being website
- Get Involved - Find Support - Be Well

**Psychiatric Care**
Health and Counselling Services
carleton.ca/health
- Assessment and consultation with on-campus psychiatrists who are part of the HCS team
- Must be referred by a physician

**Same-Day Counselling**
Health and Counselling Services
carleton.ca/health
- No appointment necessary
- Professional counsellors available daily
- Focus on problem-solving, crisis intervention and support
- Assessment, consultation and referral to ongoing counselling or other resources as needed

**Student Support Services**
students.carleton.ca
- Academic and non-academic assistance and support for students
- Services committed to enhancing the student experience while at Carleton and after graduation

**TAO Online Self-Help**
carleton.ca/wellness/tao
- Learn positive skills for personal growth
- Self-directed modules and practice tools
- Strategies to cope and bounce back
- Available anytime, anywhere, at no cost

**TAO Online Therapy**
carleton.ca/wellness/tao
- Brief weekly check-ins with a TAO counsellor
- Assistance to help overcome anxiety, depression, relationship or communication challenges and substance use concerns

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**Submit a Care Report**
If you are concerned about a struggling student and are unsure of the best resource or support, you are encouraged to submit a Care Report. This will alert the Office of Student Affairs who will get in touch with you to discuss next steps.
carleton.ca/studentaffairs/care-report

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**Carleton University**
carleton.ca/wellness

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**For consultation or to facilitate an appointment, contact the following:**
Manager of Student Care and Support
613-520-2600 x1312

Department of Equity and Inclusive Communities
613-520-5622

Health and Counselling Services
613-520-6674

Sexual Assault Support Services
613-520-5622

Campus Safety Services
613-520-3612

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**Is the situation an emergency?**

**On-campus:** 613-520-4444
4444 (from any on-campus phone)

**Off-campus:** 911
(Notify Campus Safety Services)

If uncertain, you can call the Crisis Line at 613-722-6914.