

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.

Thriving on Campus

Positive mental health and well-being, with high levels of energy, engagement and functioning.

Information, awareness and self-help resources:

- Mental Health & Well-Being Website
- Pop-Up Wellness
- Health Promotion
- Campus Involvement
- Campus Events

Everyday Stress

Occasional difficulties in responding to academic, personal, social, financial or health issues. These issues are common to many students.

Education, skill building and social connections:

- TAO Online Self-Help
- KORU Mindfulness
- Mental Health Workshops
- Student Support Services
- CUSA Support Services
- Carleton Therapy Dogs

Mild Mental Health Concerns

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.

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

Moderate Mental Health Concerns

Mental health challenges or levels of distress that have a greater impact on daily functioning, academics or social interactions.

Face-to-face support:

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

Complex Mental Health Concerns

Complex mental health challenges that limit daily functioning and require specialized care, a treatment plan or monitoring.

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	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • Interact and learn through workshops, speakers and activities • Thrive Week, Pop the Stigma, Wellness Wednesdays, and much more
Campus Involvement students.carleton.ca	<ul style="list-style-type: none"> • Clubs and societies • Department of Recreation and Athletics • Volunteer opportunities • Workshops and training
Carleton Therapy Dogs carleton.ca/wellness	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • Student operated spaces to serve diverse campus • Provide support, community and drop in events • Wellness Centre resources and referral service • Peer Support offered through various support services
Empower Me cusaonline.ca	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • Structured individual counselling for students struggling academically • Combines personal counselling with skills to improve academic performance
Good2Talk good2talk.ca 1-866-925-5454	<ul style="list-style-type: none"> • 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 Health and Counselling Services carleton.ca/health	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • Case manager for students with complex 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	<ul style="list-style-type: none"> • Student volunteers promote positive psychology and resilience within residence community • Activities focus on skill-building and resources for well-being
Mental Health and Well-Being Website carleton.ca/wellness	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • Variety of workshops scheduled throughout the year • Topics include mindfulness, anxiety, resilience, positive psychology, managing stress, supporting a friend in distress and more
Paul Menton Centre for Students with Disabilities (PMC) carleton.ca/pmc	<ul style="list-style-type: none"> • Support for students with disabilities • Disability advising and faculty development • Disability-related accommodations
Peer Support carleton.ca/wellness	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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 and Consultation Health and Counselling Services carleton.ca/health	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • Free interactive online modules and exercises • Brief weekly check-ins with a TAO counsellor • Assistance to help overcome anxiety, depression, relationship or communication challenges and substance use concerns

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

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

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.



carleton.ca/wellness