

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 Centre
- 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)
- 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.

<p>Campus Events students.carleton.ca/events</p>	<ul style="list-style-type: none"> Interact and learn through workshops, speakers and activities Thrive Week, Pop the Stigma, Wellness Wednesdays, and much more
<p>Campus Involvement students.carleton.ca</p>	<ul style="list-style-type: none"> Clubs and societies Department of Recreation and Athletics Volunteer opportunities Workshops and training
<p>Carleton Therapy Dogs carleton.ca/wellness</p>	<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
<p>CUSA Support Services cusaonline.ca</p>	<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
<p>Empower Me cusaonline.ca</p>	<ul style="list-style-type: none"> Free counselling services in the community either in person, by telephone video-counselling or e-counselling. Collaborates with existing on-campus student mental health services to ensure students receive the right care or them.
<p>From Intention to Action (FIT: Action) carleton.ca/fita</p>	<ul style="list-style-type: none"> Structured individual counselling for students struggling academically Combines personal counselling with skills to improve academic performance
<p>Good2Talk good2talk.ca 1-866-925-5454</p>	<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
<p>Group Support Health and Counselling Services carleton.ca/health</p>	<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
<p>Health Promotion Services Health and Counselling Services carleton.ca/health</p>	<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.
<p>Individual Counselling Health and Counselling Services carleton.ca/health</p>	<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
<p>KORU Mindfulness carleton.ca/wellness</p>	<ul style="list-style-type: none"> 4-week program Learn skills that calm and focus the mind Topics include mindfulness, meditation and stress management
<p>Manager of Student Care and Support Student Affairs carleton.ca/studentaffairs/care-report</p>	<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

<p>Mental Health Champions Housing and Residence Life Services housing.carleton.ca</p>	<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
<p>Mental Health and Well-Being Website carleton.ca/wellness</p>	<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
<p>Mental Health Workshops carleton.ca/wellness</p>	<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
<p>Paul Menton Centre for Students with Disabilities (PMC) carleton.ca/pmc</p>	<ul style="list-style-type: none"> Support for students with disabilities Disability advising and faculty development Disability-related accommodations
<p>Peer Support carleton.ca/wellness</p>	<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
<p>Physician Mental Health Assessment Health and Counselling Services carleton.ca/health</p>	<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
<p>Pop-Up Wellness Centre carleton.ca/wellness</p>	<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
<p>Psychiatric Care and Consultation Health and Counselling Services carleton.ca/health</p>	<ul style="list-style-type: none"> Assessment and consultation with on-campus psychiatrists who are part of HCS team Must be referred by a physician
<p>Same Day Counselling Health and Counselling Services carleton.ca/health</p>	<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
<p>Student Support Services students.carleton.ca</p>	<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
<p>TAO Online Self-Help carleton.ca/wellness/tao</p>	<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
<p>TAO Online Therapy carleton.ca/wellness/tao</p>	<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

Equity Services
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