

Resource Guide for Mental Health and Wellness

Carleton provides a wide variety of accessible resources and services that allow students to maximize and manage their mental health and wellness. This guide is meant to be flexible, where students are able to use supports in combination or move through the guide as needed.

Thriving on Campus

Experiences positive mental health often, a sense of belonging and feels equipped with coping strategies to manage life's highs and lows.

Information, awareness and self-help resources:

- Campus Involvement (CUx)
- Carleton Athletics
- Carleton Therapy Dogs
- CU Umbrella Project
- CUSA/GSA Support Services
- First Year Connections
- Mental Health and Wellness Website
- Spirituality Centre
- Wellness Services Navigator

Everyday Stress

Occasional difficulties responding to academic, personal, social, financial or health issues.

Education, skill building and social connections:

- Awards and Financial Aid Office
- Centre for Indigenous Support and Community Engagement (CISCE)
- Centre for Student Academic Support (CSAS)
- Good2Talk
- International Student Services Office (ISSO)
- The Psychology Wellness Centre
- Wellness Events and Workshops

Mild Mental Health Concerns

Experiences mental health challenges or levels of distress that often impact functioning, academics and/or social interactions.

Prevention and early intervention:

- Academic Advising Centre
- Community Connections Mentorship
- Empower Me (undergraduate students)
- From Intention to Action (FITA)

Moderate Mental Health Concerns

Significant functional impairment due to frequent mental health challenges or levels of distress that have a greater impact on daily functioning, academics and relationships.

Face-to-face support:

- Care and Support
- Group Support
- Individual Counselling
- Ombuds Services
- Paul Menton Centre (PMC)
- Physician Mental Health Assessment

Complex Mental Health Concerns

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

Coordinated care may involve:

- Campus Safety Services
- Care and Support
- Individual Counselling
- Off-Campus Support and Referrals
- Physician Mental Health Assessment
- Same Day Crisis Counselling

Detailed descriptions are available on the reverse.

Academic Advising Centre

carleton.ca/academicadvising

- supports students experiencing academic difficulty
- rules and regulations/Academic Continuation Evaluation (ACE)
- understanding the academic audit/Academic Status Report (ASR)

Awards and Financial Aid Office

carleton.ca/awards

- financial information including scholarships and awards, bursaries and OSAP information
- information on budgeting resources

Campus Events

students.carleton.ca/events

- interact and learn through workshops, speakers and activities
- opportunities for involvement across campus

Campus Involvement (CUx)

carleton.ca/cux

- opportunities to get involved, build community and connect with peers
- cultivate meaningful relationships and contribute to communities

Campus Safety Services

carleton.ca/safety

- 24-hour response to routine and emergency calls for security, medical, fire and police services
- Safe Walk program, Working After Hours program and resources for support

Care and Support

wellness.carleton.ca

- case managers to support students with various needs
- consultation for members of the campus community
- assistance in navigating resources and student services

Carleton Athletics

athletics.carleton.ca

- various fitness, aquatic and intramural opportunities
- open recreation and intramurals
- swimming pool, fitness centre, indoor track, ice rink

Carleton Therapy Dogs

wellness.carleton.ca

- care, comfort and support through animal-assisted therapy
- positive effects for a wide range of stressors

Centre for Indigenous Support and Community Engagement

carleton.ca/indigenous/cisce

- nurture a sense of belonging for Indigenous students
- individual counselling services (with an Indigenous Cultural Counsellor)
- Indigenous student academic advising
- cultural supports, Medicine Lodge, Ojigkwanong Indigenous Student Centre

Centre for Student Academic Support

carleton.ca/csas

- evidence-informed educational programs and services
- support successful academic experiences
- Peer Assisted Study Sessions, Writing Services, Learning Support

Community Connections Mentorship

carleton.ca/mentoring/community-connections

- year-long mentorship program to provide students with customized peer support
- access to campus resources, enhance your sense of belonging, work through challenges and goals with a trained mentor

CUSA Support Services

cusaonline.ca

- student-operated spaces to serve a diverse campus
- provide support, community and drop-in events
- Wellness Centre resources and referral service
- peer support offered through various support services

CU Umbrella Project

wellness.carleton.ca/substance-use-health

- reduces stigma and promotes safer substance use through education, outreach and support
- All People All Pathways peer support group for lived or living experiences with substance use

Empower Me (undergraduate students)

cusaonline.ca/services/resources/empower-me
1-833-628-5589

- free 24/7 mental health service available for undergraduate students
- connect in-person, by telephone or videoconferencing with professional counsellors, consultants and more
- services are multilingual, culturally sensitive and gender and faith inclusive

First Year Connections

carleton.ca/mentoring/first-year-connections

- peer mentorship for first-year and new students for the first six weeks of the fall term
- connects to campus resources, information about their program and how to get involved

From Intention to Action (FITA)

carleton.ca/fita

- structured individual counselling for students struggling academically
- combines personal counselling with skills to improve academic performance

Good2Talk

good2talk.ca

1-866-925-5454

Text GOOD2TALKON to 686868

- 24/7 free and confidential support
- professional counselling for post-secondary students in Ontario
- information and referrals for mental health, addictions and wellness
- services in English, French and Mandarin

Graduate Students' Association (GSA)

gsacarleton.ca

- offers services, advocacy and community for graduate students
- insurance plans, grants, service centres and more

Group Support

wellness.carleton.ca

- information, education and support on a variety of topics
- available throughout the year
- learn skills, share resources, connect with others experiencing similar issues

Individual Counselling

wellness.carleton.ca/counselling

- 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

International Student Services Office

carleton.ca/isso

- transition and engagement support for international students
- immigration information and support
- University Health Insurance Plan (UHIP) administration
- incoming and outgoing exchange programs and international mobility opportunities and partnerships

Mental Health and Wellness Website

wellness.carleton.ca

- information for mental health and wellness
- online self-help, tools and resources
- find support, help others, get involved

Paul Menton Centre for Students with Disabilities (PMC)

carleton.ca/pmc

- support for students with disabilities, including mental health disabilities
- disability advising and faculty development
- disability-related academic accommodations

Physician Mental Health Assessment

carleton.ca/health

- assessment and support by general practitioners/nurse practitioners
- provide diagnoses, complete accommodation forms, prescribe medication and refer to off-campus specialists if needed

The Psychology Wellness Centre

carleton.ca/mental-health/resources/the-psychology-wellness-centre

- virtual peer wellness coaching to undergraduate and graduate students
- provides students with education on wellness and coaching to improve their well-being and meet wellness goals

Off-Campus Support and Referrals

wellness.carleton.ca

- community-based resources for mental health and wellness support for students

Ombuds Services

carleton.ca/ombuds

- impartial and confidential support and guidance
- complaints and concerns of unfair treatment
- conflict coaching and informal resolution
- academic integrity, grading concerns and appeals
- petitions, misconduct and landlord or tenant issues

Same Day Crisis Counselling

wellness.carleton.ca/counselling

- no appointment necessary
- professional counsellors available daily
- focus on problem-solving, crisis intervention and support for urgent situations
- assessment, consultation and referral to ongoing counselling or other resources as needed

Spirituality Centre

wellness.carleton.ca/spirituality

- meaningful support for the spiritual wellness and identity of the Carleton community
- inclusive, supportive and joyful pluralistic co-existence among different faiths and philosophies
- workshops, 1-1 meetings with Chaplains, quiet and safe space for students

Wellness Services Navigator

wellness.carleton.ca/navigator

- designed to help navigate Carleton students to a curated list of mental health and wellness resources

Wellness Events and Workshops

wellness.carleton.ca

- centralized location for wellness events and workshops across campus
- focuses on a holistic approach to wellness including social, personal, financial wellness and more

For a consultation or to facilitate an appointment

Contact the following:

Care and Support Team: 613-520-2600 ext. 1358

Counselling Services: 613-520-6674 (press 2)

Health Services: 613-520-6674

Sexual Assault Support Services: 613-520-5622

Submit a Care Report

If you are concerned about a student and are unsure of the best resource or support, you are encouraged to submit a Care Report. This will alert the Care and Support Team who will get in touch with you to discuss next steps.

wellness.carleton.ca/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 **Distress Centre of Ottawa and Region: 613-722-6914**