

Student Mental Health Resources

If you or someone you know is looking for support, here are some places you can turn to:

During Business Hours:

Kasey Lohnes, Wellness Coordinator at Huron (O'Neil / Ridley – top of main stairwell)

- Book an appointment to discuss:
 - Stress and anxiety
 - Depression
 - Homesickness
 - Balancing life's responsibilities
 - Trauma
 - Accessing other services on campus and in the community
 - Anything else!
- Appointments are available Mondays and Wednesdays from 9:00-3:30. Call 519.438.7224 ext. 716 or email klohn2@huron.uwo.ca to book.

Student Development Centre, Psychological Services at Western (WSSB 4100)

- Individual, brief counselling (2-5 sessions)
- Psychoeducational groups
- Visit the SDC in person to attend a drop-in session and get connected to their services

Student Health Services at Western (UCC 11)

- Multidisciplinary team of psychiatrists, physician psychotherapists, and social workers
- Counselling available based on referral