

# Explore Self-Care

“You can’t fill from an empty cup, take care of yourself first.”

## Student Health and Wellness

Check out lakeheadu.ca/shw-events for regularly scheduled yoga and meditation groups and wellness events on campus

## Wellness on Demand

### Apps

- Headspace: Learn to relax with guided meditations and mindfulness techniques
- Aloe Bud: Bring awareness to self-care activities using encouraging push notifications
- ToDon’t: The to-do list app that helps you avoid stuff you really shouldn’t be doing

### Online Resources

- [selfcare.ca](http://selfcare.ca)

STEP  
01

STEP  
02

# Need to Talk?

“Everyone needs a helping hand once in a while.”

## Good2Talk Post-Secondary Helpline:

24/7, free, professional and confidential support for anything you want to talk about  
1-866-925-5454

## TalkCampus:

24/7 global peer support community for students that provides your entire student body with support anywhere in the world via the TalkCampus app  
<https://www.talkcampus.io/lakehead-university>

## 7 Cups:

Chat online with caring listeners, meet people who understand, try self-help  
[www.7cups.com](http://www.7cups.com)

**Check out a campus support groups-  
LUSU clubs**

# Need Help NOW?

Are you feeling desperate and hopeless, worried you might hurt yourself or someone else, or having suicidal thoughts and alone with no one to talk to?

**Please get help immediately! Please do one of the following:**

- On Campus: Call 705-330-4008 ext 3-911
- Off-Campus: Call 911
- CMHA Crisis Response Services:  
Offers mobile crisis response and 24/7 telephone services to youth and adults experiencing a mental health crisis  
705-728-5044
- National Suicide Prevention Line  
1-833-456-4566

STEP  
04

STEP  
03

# Interested in Counselling?

“We don’t have to do all of it alone. We were never meant to.”- Brene Brown

## Student Health and Wellness

- Residence Building OR 1015 & 1017
- Monday - Friday-8:30 am - 4:30 pm
- Call (705) 330-4008 ext. 2116 or 2115

## Counselling also connects you to:

- Wellness groups
- Community partners
- Specialized services

Stepped Care Model



Lakehead  
UNIVERSITY

Student Health  
and Wellness