

MENTAL HEALTH REFERRAL OPTIONS FOR STUDENTS

Crisis Support

Mental Health Crisis Line (has mobile crisis team if needed)
1-866-996-0991

Good2Talk
1-866-925-5454 / TEXT: "GOOD2TALKON" to 686868

Other Crisis Lines

911

Local Hospital Emergency Department

Campus Resources

[Counselling](#)

[Health Services](#)

[Student Success Specialist](#)

[Centre for Accessible Learning](#)

[Student Support Services](#)

Community Resources

[Community Resources List](#)

[Renfrew County Service Delivery During COVID-19](#)

[E-Mental Health](#)

[211 Ontario](#)

Counselling Website

Self-Help Tools and Resources

- [Online Programs and Apps](#)
- [Wellness Together Canada](#)
- [Therapy Assisted Online \(TAO\)](#)
- Resources for depression, [coping strategies](#), [substance misuse](#), and other mental health concerns.
- Resources for anxiety, [test anxiety](#), [panic attacks](#), [relaxation techniques](#).
- Resources for [student wellness](#) (self-care, resilience, procrastination, problem-solving) and [learning strategies](#).
- Resources for [COVID-19 struggles](#), [coping with loneliness](#), and [online connections](#).