



Sci of Relief

MENTAL HEALTH AND WELLNESS

FACULTY OF SCIENCE

STRESSED? YOU'RE NOT ALONE

The following are the top 10 stress-related items identified by students across the Faculty of Science*



For information on support resources, see back or **SCAN CODE**



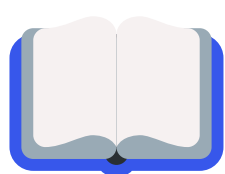
*Issues that students responded as 'very' or 'extremely' stressful on the Sci of Relief survey.

HOW WE CAN HELP OUR STUDENTS

Resources for faculty, staff and students



Sci of Relief



ACADEMIC SUPPORT

Departmental Academic Advisors in Science: Assist students with course selection, degree audits and based on the student's specific program. www.uwindsor.ca/science/456/faq

SOS (Students Offering Support): Offers student-led group review sessions for midterms and final exams. www.windsor.soscampus.com

Math and Stats Learning Centre: Assistance for all students in first year Math and Statistics courses. www.uwindsor.ca/science/math/675/students

USci Network: Provides workshops on academics, career preparation, interview skills, and free one-on-one career consultation. <https://www.uwindsor.ca/science/usci/> or usci@uwindsor.ca



PEER SUPPORT

MySci Peer Mentoring: Match incoming first-year students with upper year student mentors. www.uwincisoc.com/mysci-mentorship

Sci of Relief (USci Network): Support mental health and wellness in the Faculty of Science through workshops and wellness events. www.uwindsor.ca/science/464/sci-relief or sciofrelief@uwindsor.ca

Women in Science (USci Network): Supports female science students through workshops, outreach, and advocacy. wins@uwindsor.ca or www.uwindsor.ca/science/usci/300/women-science-wins

Science Meets Art (SMART) (USci network): Supports Science students to create science-focused art pieces. www.smartuwindsor.com or sciencemeetsart@uwindsor.ca

Science Society: Science student group that provides support and networking opportunities. www.uwincisoc.com or scisoc@uwindsor.ca

Computer Science Society: Student led group to support undergraduate computer science students. css.uwindsor.ca or ccs@uwindsor.ca

Peer Support Centre - Drop in peer support. www.uwsa.ca/services/psc



MENTAL HEALTH SUPPORT

Student Counselling Centre: Provides support and mental health counselling for all students. ssc@uwindsor.ca, 253-3000 x4616, CAW 293, www.uwindsor.ca/studentcounselling/

My Student Support Program: Professional counselling for UWindsor students worldwide. www.mystudentsupport.com or 1-844-451-9700

Good2Talk: A free, confidential 24/7 provincial helpline for all students staffed by professional counsellors. www.good2talk.ca or 1-866-925-5454.

Wellness Together Canada: Mental health & substance use counselling and support. www.wellnesstogether.ca or 1-866-585-0445