



## 24/7 Emergency Assistance

If concerned about your own or another person's safety, including if someone is experiencing thoughts of suicide and can no longer stay safe, call the Special Constable Service at **519.253.3000 ext. 4444**.

Off-campus call **9-1-1** or attend **Windsor Regional Hospital Emergency Department** (1030 Ouellette Ave., Windsor, ON).

## 24/7 TELUS Health EAP

Employee Assistance Program professional support (including crisis) for employees and immediate family

**1-844-880-9142** or **1-844-671-3327**  
TTY **1-877-338-0275** | Français **1.855.360.5485**

online: **one.telushealth.com**

username: **EAP-uwindsor**

password: **EAP**

## 24/7 Crisis Lines

9-8-8 Suicide Help Line  
trained responder support  
**call or text 9-8-8 (988.ca)**

Community Crisis Line (Windsor)  
professional support  
**call 519-973-4435** (hdgh.org/mhaucc)

Crisis Text Line (by Kids Help Phone)  
trained volunteer support  
**text CONNECT to 686868** (crisistextline.ca)

## Walk-In Support (downtown Windsor)

Mental Health & Addictions Urgent Crisis Centre

**1030 Ouellette Ave., Windsor**

(adjacent to the Goyeau Street entrance of Windsor Regional Hospital Ouellette Emergency Department)

8am-8pm, 7 days/week  
(hdgh.org/mhaucc)

## Sexual Violence Survivor Support

Sexual Assault Crisis Line (Windsor, 24/7)  
**call 519-253-9667** (saccwindsor.net)

Office of Sexual Violence Prevention, Resistance, and Support (UWindsor)  
**email svsupport@uwindsor.ca**  
(uwindsor.ca/prevent-resist-support)

## Muslim Support

Naseeha Mental Health Helpline (24/7)  
culturally competent Muslim mental health support

also available to non-Muslims  
**call or text 1-866-627-3342**  
(naseeha.org)

## 2SLGBTQIA+ Support

Trans Lifeline (24/7)  
peer support for trans people  
**call 1-877-330-6366**  
(translifeline.org/hotline)

LGBT Youthline  
Sunday-Friday 4-9:30pm EST | ages 16-29  
peer support (no crisis support)  
**text 647-694-4275**  
**chat at youthline.ca**

## Indigenous Support

Hope for Wellness Help Line (24/7)  
trained counsellors  
**call 1-855-242-3310**  
**chat at hopeforwellness.ca**

Talk4Healing (24/7)  
for and by Indigenous women  
**call or text 1-855-554-HEAL (4325)**  
**chat at beendigen.com/programs/talk4healing**

**emergency resources**



**employee mental health resources**



**employee mental health benefits**



*seeking support is a sign of strength!*