Campus Mental Health and Crisis Services

Niagara College Health, Wellness & Accessibility Services
Virtual or Phone appointments only at this time – no in person appointments
WC: 905-735- 2211 ext. 7778, NL: 905-641- 2252 ext 4409
Professionally-trained counsellors provide confidential supportive guidance, crisis-intervention services, referrals and supports. Services are available year-round, Monday to Friday, 8:30am to 4:30pm; evening hours are available from September to April until 7:30pm one day per week – please call for details. Each campus has a Health Centre staffed by a Registered Nurse, with doctor’s clinics during the week. Services include: first aid, health resources, healthy sexuality, lifestyle choices and more. Location: WC Rm AH125; NL Rm W102.

Niagara College Indigenous Education Services
Virtual or Phone appointments only at this time – no in person appointments
WC: 905-735- 2211 ext. 7774, NL: 905-641- 2252 ext 4214
Indigenous Education Services provides academic and cultural support for Indigenous students making a transition into college life. The lounge offers a home-away-from-home environment. Location: WC Rm S104; NL Rm E104.

Canadian Mental Health Association – Urgent Support Services
www.cmhaniagara.ca/covid-19
1-866-550-5204 (24/7) First call
905-641-5222 Individuals who are connected to a CMHA program/staff can contact staff by telephone through the main line.
Urgent mental health assistance for individuals 16+ years old. No appointment necessary: call the number listed above, or be referred by other mental health & addictions partners within the community.

COAST Niagara/Mental Health & Addiction Access Line
1-866-550-5205 (press 1 for COAST, press 2 for Mental Health & Addiction Help Line)
cmhaniagara.ca/ourservices/immediate-services/coast-niagara
24 hours a day, 7 days a week. COAST provides services to people in the Niagara Region who are in through their Community Outreach Team.

Distress Centre
St. Catharines, Niagara Falls & area: 905-688-3711; Port Colborne, Wainfleet, Welland & area: 905-734-1212; Fort Erie & area: 905-382-0689; Grimsby, West Lincoln & area: 905-563-6674
distresscentreniagara.com
The Distress Centre provides emotional support, crisis intervention and suicide prevention by telephone to individuals of all ages who may be experiencing personal, family or other difficulties.

Good2Talk
info@good2talk.ca www.Good2talk.ca 1-866-925-5454 Text GOOD@TALKON to 686868
Good2Talk is a new mental health help line for PSE students that provides professional counselling, mental health information and connections to local resources. Students who are concerned about student life, health or mental well-being can call Good2Talk, a free, province-wide service, 24 hours a day, 7 days a week, 365 days a year.

keep.meSAFE International Student Support Program
keepmesafe.myisson.com download the My SSP App from Apple Store or Google Play call 1-844-451-9700
Studying in another country can be a wonderful and exciting life experience, but it can also be a time of tremendous stress and isolation as you learn to navigate a new culture, language and campus. The keep.meSAFE Student Support Program is a service available to international students that can be contacted anytime – day or night – to speak with a Student Support Advisor who has experience supporting international students.

Niagara Holistic Wellness Portal
mycircleofwellness.ca
The portal serves as a resource tool for students to gather information about mental health and wellness for themselves, friends and family; to reflect on their own emotional well-being; and to learn about local resources available to them.