To contact a resource using their extension, first dial 519-824-4120.

EMERGENCY & 24 HOUR RESOURCES

On Campus
Campus Police, Fire and Ambulance
Emergency Ext. 52000
Non-emergency Ext. 52245

Student Housing Services
Lennox Addington Residence Ext. 58122
South Residence (Prairie Desk) Ext. 58123
East Residence Ext. 58124

In Guelph
Sexual Assault Domestic Violence Care and Treatment Centre 519-837-6440 / Ext. 2728
Here 24/7 1-844-437-3247

All Students
Good2Talk (Ontario students) 1-866-925-5454
Crisis Text Line (Canadian students) Text UofG to 686868
keep.meSAFE (International students) 1-844-451-9700
(001-416-380-6578 outside of North America)

RESOURCES

Student Wellness wellness.uoguelph.ca
Student Wellness Navigators Ext. 52131
Counselling Services Ext. 53244
Health Clinic Services Ext. 52131
Wellness Education & Promotion Centre wellness@uoguelph.ca
Accessibility Services Ext. 56208
Student Support Network (peer-to-peer support) wellness.uoguelph.ca/ssn
Sexual Violence Support and Education Coordinator svinfo@uoguelph.ca
Health & Performance Centre Ext. 53039 / wellness.uoguelph.ca/hpc
Stress Management & High Performance Clinic www.selfregulationskills.ca

Indigenous Student Centre uoguelph.ca/studentexperience/isc
BIPOC Student Resources uoguelph.ca/studentexperience/cultural-diversity
LGBTQ2IA+ Student Resources uoguelph.ca/studentexperience/lgbtq2ia
OUTline Online Chat uoguelph.ca/studentexperience/outline
LGBT YouthLine 1-800-268-9688

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