

CAMPUS SUPPORTS

▶ **Office of the Registrar**
www.registrar.uwo.ca



▶ **Residence Counselling**
Ontario Hall 3C10
needtotalk@uwo.ca



▶ **Spectrum UWO**
FB: Spectrum UWO
IG: @officialspectrumuwo
spectrum.club@westernusc.ca

▶ **The Western EngiQueers**
FB: The Western EngiQueers
IG: @westernengiQueers
westernu@engiQueers.ca

LONDON SUPPORTS

Queer Events

PFLAG

Regional HIV/AIDS Connection

PrideWestern WHAT DO WE DO?

PrideWestern is a volunteer-run University Students' Council service dedicated to working for and with Western's LGBTQ+ community. We work in advocacy, direct student support, and community building and do our best to fill any need brought to us.

Check out the Mental health and Wellness resource guide:



CONTACT US!

@PrideWesternUSC

pridewestern@westernusc.ca

PrideWestern's RESOURCE GUIDE FOR LGBTQ+ STUDENTS



HEALTH & WELLNESS

- A clinic accessible to all students located at lower-level UCC 11
- Call **519-661-3030** to book a physical or mental health appointment
- You may request to see a physician of a specific gender and you may request to see the same doctor for every visit
- Visit the site for updated hours & info:



▶ Physical health

They offer care for all physical health concerns including:

- birth control
- immunization injections
- screening for STIs



▶ PurpleCARE

- Full-time students that reside in Canada, are under the age of 65, and are covered under a Provincial Health Care Plan are automatically enrolled in the student **Health and Dental plan**



▶ Mental Health

- Appointments offered virtually and in-person
- Specialized care plans may include online resources, referral to psychiatry, individual therapy, workshops, outpatient hospital programs, etc.
- Students who need long-term counselling will be directed to reliable external supports in the community



▶ Mental Health Crises

During office hours, contact student health or visit them in UCC 11

24/7 crisis centres and phone lines:

- Reach Out 519-433-2023 (which has access to a mobile crisis team in London, Elgin, Oxford, & Middlesex)
- Mental Health and Addictions Crisis Centre at 648 Huron St., London, ON
- Good2talk helpline 1-866-925-5454
- LGBT Youthline 1-800-268-9688

In the case of an emergency:

- On campus: dial **519-661-3300** for campus police
- Off campus: dial **911**



TRANS HEALTH TEAM

There are two teams in London that work with transgender patients to provide general care, counselling, hormone prescription and maintenance, surgical referrals, post-op care, and referrals to endocrine specialists and psychiatrists.

▶ Health & Wellness

- A group of physicians who provide mental and physical care
- All physicians have been trained by Rainbow Health Ontario
- Call Health & Wellness at **519-661-3030** and indicate that you'd like to see the Trans Care Team

▶ London Intercommunity Health Centre

- A team of physicians, nurse practitioners, nurses, and social workers who educate patients, provide mental and physical care, and help navigate practical supports such as changing name and gender markers on government ID
- Contact them at **519-660-0874** or mail@lihc.on.ca, or visit lihc.on.ca

