

RESOURCES
FOR
KING'S STUDENTS

Resources at King's

Academic Resources

Academic Dean's Office: book an appointment or drop in to speak with an academic counsellor about program or course concerns, degree information, academic issues, or success strategies;
DL 104

Drop in Hours: Monday - Tuesday: 2-4pm

Wednesday: No drop in

Thursday: 2-4pm

Friday: 10am-12pm

Email: academic.dean@uwo.ca

Phone: (519) 433-3491 ext. 4406

Website: www.kings.uwo.ca/current-students/courses-enrolment/program-and-course-planning/academic-advising

Career Counselling: assistance with defining vocational goals, career resources, post degree education plans, and resume and job search strategies; W 151

Email: acsd@kings.uwo.ca

Phone: (519) 433-3491 ext. 4321

Website: <https://www.kings.uwo.ca/current-students/student-services/career-connect/>

Culture Works: English as a Second Language school in partnership with King's that helps students who are academically eligible for university receive their English proficiency;

Broughdale Hall 1st Floor

Email: info@cultureworkstheschool.com

Phone: (519) 679-2648

Website: www.cultureworkstheschool.com/partner-schools/kings

Information Technology Services: repairs, troubleshooting, and assistance with technology;
W047

Help Desk Hours: Monday - Thursday: 8am-10pm

Friday: 8am-4pm

Email: kucits@uwo.ca

Phone: (519) 433-3491 ext. 4441

Website: www.kings.uwo.ca/its

King's Cardinal Carter Library: book a study room, speak to a librarian for research assistance, make use of research materials and textbooks, and use the study spaces provided

Hours: Monday - Thursday: 8am-12am

Friday: 8am-8pm

Saturday: 10am-6pm

Sunday: 12pm-12am

Email: kuclib@uwo.ca

Phone: (519) 433-3491; Circulation (ext. 4505), Research Help Desk (ext. 4537)

Website: www.kings.uwo.ca/library

Learning Hub: centralized hub for information about academic resources at King's including workshop schedules, tutoring information, and links to academic departments

Website: www.kings.uwo.ca/LearningHub

Learning Skills Services: individual appointments and workshops to help students develop skills for success at university (e.g., Essay Exams, Multiple Choice Exams, Time Management)

Email: acsd@kings.uwo.ca

Phone: (519) 433-3491 ext.4321

Website: www.kings.uwo.ca/current-students/campus-services/student-support-services/learning-skills-services

Accessibility Services: provides students with additional resources and services for students with disabilities including academic accommodations, assistive technologies, and alternative to print materials; W 151

Email: acsd@kings.uwo.ca

Phone: (519) 433-3491 ext.4321

Website: <https://www.kings.uwo.ca/current-students/student-services/accessibility-services/>

The Write Place: writing and citation assistance for students at any stage of the writing process; KC 113

Drop in anytime or make an appointment

Hours: Monday & Thursday: 10am-9pm

Tuesday & Wednesday: 10am-6pm

Friday: 10am-4pm

Email: Vidya.Natarajan@kings.uwo.ca (Vidya Natarajan, Write Place Coordinator)

Phone: (519) 433-3491 ext. 4499

Website: <https://www.kings.uwo.ca/current-students/academic-resources/the-write-place/>

Tutoring: academic assistance for students with concerns related to Economics, Business, Math, French, and Grammar

Website: www.kings.uwo.ca/current-students/academic-support/tutoring

STARS Learning Lab (Skills and Technology for Academic Resiliency and Success), Wemple 022.

Drop-In Hours: Wednesdays 1 pm – 4 pm

Appointments: Tuesday 1 pm – 6 pm and Thursdays 1 pm – 4 pm

Personal Resources

Campus Ministry: interfaith and ecumenical support and dialogue to best serve students, staff, and faculty. Services include: leadership development, prayer and worship, community life, and spiritual and pastoral counselling; W 142A

Email: campusministry@kings.uwo.ca

Phone: (519) 963-1477

Website: <https://www.kings.uwo.ca/campus-ministry/>

Campus Security: security personnel and UWO campus police that patrol the grounds to ensure effective functioning and safety for all on King's campus

Email: security@kings.uwo.ca

Phone: (519) 521-6215

Website: www.kings.uwo.ca/current-students/campus-services/student-safety/campus-security

Indigenous Students Support: additional support and financial counselling for First Nations students in partnership with Indigenous Services at Western

Email: is.staff@uwo.ca

Phone: (519) 661-4095

Website: <http://indigenous.uwo.ca/>

International Office: support and information for students regarding exchange and study abroad experiences, both incoming and outgoing. Services include: Peer Guide Program, English proficiency assistance, international bridging program, and financial information; AC 220

Email: international@kings.uwo.ca

Phone: (519) 433-3491 ext. 4623

Website: www.kings.uwo.ca/current-students/king-s-international

King's University College Students' Council (KUCSC): student representatives working in collaboration with other administrations to improve the student experience; over 60 students sit on the KUCSC to influence decisions; KC209

Email: general.manager@kucsc.com

Phone: (519) 433-3491 ext. 4069

Website: www.kucsc.ca

The Student Affairs Office: addressing concerns with the quality of student life and student support services; W151

Email: joe.henry@kings.uwo.ca

Phone: (519) 433-3491 ext. 4548

Website: www.kings.uwo.ca/about-kings/who-we-are/administrative-departments/dean-of-students

Personal Counselling: personal counselling service to assist with concerns including but not limited to abuse, bereavement, and mental health concern; W 151

Email: acsd@kings.uwo.ca

Phone: (519) 433-3491 ext. 4321

Website: www.kings.uwo.ca/current-students/campus-services/student-support-services/personal-counselling

Student Financial Services: assistance with OSAP, employment opportunities, and tuition fees as well as personal financial counselling; W 144

Email: kingsfinances@uwo.ca

Phone: (519) 433-3491 ext. 4319

Website: <https://www.kings.uwo.ca/current-students/money-matters/>

Mature and Transfer Student Support: assistance for students transferring to King's from another post-secondary institution or starting King's after time away from education; W 151

Email: mature.student@kings.uwo.ca

Phone: (519) 433-3491 ext. 4320

Website: www.kings.uwo.ca/current-students/campus-services/student-support-services/mature-transfer-students

Resources at Western

Academic Resources

Student Success Centre: facilitate the development of student's educational, career, and life goals; UCC 210

Email: successcentre@uwo.ca

Phone: (519) 661-3559

Website: www.success.uwo.ca

Writing Support Centre: support to help students develop skills and realize potential as a writer in all fields. Phone or email to make an appointment; WSSB 4130

Email: wsc@uwo.ca

Phone: (519) 661-3655

Website: www.sdc.uwo.ca/writing

Personal Resources

Campus Police: services to ensure safety on-campus including patrol and response, investigations, crime prevention initiatives, campus lost and found, and the work safe program; open 24 hours a day. Lawson Hall 1257

Email: police@uwo.ca

Phone: **(519) 661-3300 or 911 from any campus phone for emergencies**

Website: www.uwo.ca/police

Foot Patrol: co-ed volunteer teams providing safe escorts around and on-campus while promoting safety awareness

Hours:

September and Holiday Weekends: Sunday – Thursday: 9am – 1am

Friday – Saturday: 9pm – midnight

October – April: Sunday – Thursday: 6pm – 1am

Friday – Saturday: 6pm – midnight

December and April Exam Periods: 9pm – 1am

Email: wfp@uwo.ca

Phone: 519-661-3650

Website: <http://www.uwo.ca/footpatrol>

Indigenous Services: assistance for indigenous students to maximize their university experience through culturally responsive programming, encouragement, and advice; WSSB 2100

Email: is.staff@uwo.ca

Phone: (519) 661-4095

Website: www.indigenous.uwo.ca

International Learning: information and support for students interested in incoming or outgoing study abroad experiences, internships, and experiential learning; International and Graduate Affairs Building 2nd Floor

Email: intlearn@uwo.ca

Phone: (519) 661-2111 ext. 89309

Website: <http://www.uwo.ca/international/learning>

Mental Health and Wellness Resource Guide: comprehensive description of all resources available to Western students to aid with mental health and wellness

PDF available at:

www.studentexperience.uwo.ca/student_experience/wellness_initiatives/mental_health_resource_guide.html

Off-Campus Housing Services: support for students living or looking to move off-campus including rental listings, mediation services, advisors, and documentation templates

Email: oca@uwo.ca

Phone: (519) 661-3787

Website: www.offcampus.uwo.ca

Office of the Ombudsperson: prepares students to prevent, manage, and solve difficult situations; available for support in both for academic and non-academic concerns regarding fairness, policies, and harassment; WSSB 3135

Email: ombuds@uwo.ca

Phone: (519) 661-3573

Website: www.uwo.ca/ombuds

Student Development Centre: personal counselling service assisting with concerns such as abuse, grief, eating disorders, social anxiety, sexuality and depression; WSSB 4100

Phone: (519) 661-3031

Website: www.sdc.uwo.ca/psych

USC On Campus Food Bank: anonymous food support services for all members of the Western community; UCC 340

Email: usc.food.support@uwo.ca

Phone: (519) 661-3574

Website: www.usc.uwo.ca/page.asp?id=50

Wellness Education Centre: connects students to wellness and health information and resources at Western and in the London Community; UCC 76

Email: wec@uwo.ca

Phone: (519) 661-2111 ext. 87127

Website: <http://wec.uwo.ca/>

Western Student Health Services: services to assist students with health concerns including medical care, counselling and psychiatry, birth control and STI information, immunizations, and sexual or physical assault; UCC 11

Hours: Monday - Thursday: 9am-7pm

Friday: 9am-4:30pm

Saturday: 9am-1pm

Email: healthservices@uwo.ca

Phone: (519) 661-3030

Website: www.health.uwo.ca

Peer Phone Line: Confidential phone support service provided for students by students

Hours: Monday – Friday: 10am - midnight

Phone: (519) 661-3425

Resources in the London Community

Addiction Services of Thames Valley: screening, assessment, and treatment planning for those struggling with addiction or substance use, including gambling and support services and education for family members

200 Queens Ave., Suite 260, London, ON, N6A 1J3

Hours: Monday - Tuesday: 8:30am-8pm

Wednesday - Friday: 8:30am-4:30pm

Email: start@adstv.on.ca

Phone: (519) 673-3242 ext. 222

Website: www.adstv.on.ca

Childreach: support services for parents to be the best they can be including parent programs, playgroups, toy library exchange, and community events

265 Maitland St, London, ON N6B 2Y3

Email: info@childreach.on.ca

Phone: (519) 434-3644

Website: www.childreach.on.ca

LGBTQ Youth Line: Phone line for LGBTQ young adults under the age of 26 through phone call, texting, online chat, or email to affirm the experiences and aspirations of each individual while providing support

Hours: Sunday - Friday: 4pm-9:30pm

Email: askus@youthline.ca

Phone (call): 1(800) 286-9688

Phone (text): (647) 694-4275

Website: www.youthline.ca

London Middlesex Health Unit: community assistance for concerns of abuse, birth control, pregnancy, STIs, breastfeeding, and general health concerns

50 King St., London, ON, N6A 5L7

Hours: Monday - Friday: 8:30am-4:30pm

Email: health@mlhu.on.ca

Phone: (519) 663-5317

Website: www.healthunit.com

Mission and Rehabilitation Shelter: an emergency hostel and long term shelter for men who need special services or support. Services include: rehabilitation counseling, chapel, and men's clothing room.

459 York Street, London, ON, N6B 1R3

Phone: (519)672-8500

Website: www.missionservices.ca/shelter-programs/mens-mission-rehabilitation-centre

Regional HIV/AIDS Connection: support, education, and needle exchange programs for those affected by HIV/AIDS. Testing for HIV/AIDS also available.

#30-186 King St., London, ON, N6A 1C7

Hours: Monday – Friday: 9am-5pm

Email: info@hivaidconnection.ca

Phone: (519) 434-1601

Website: www.hivaidconnection.ca

Rotholme Women's and Family Shelter: 24/7 admission for two parent or single parent families that are in need of immediate emergency or temporary shelter.

42 Stanley St., London, ON, N6C 1B1

Phone: (519) 673-4114

Website: www.missionservices.ca/shelter-programs/rotholme-womens-family-shelter

St. Joseph's Sexual Assault & Domestic Violence Centre: professional assistance with emotional, medical, and safety concerns following sexual assault or domestic abuse

St. Joseph's Hospital, 269 Grosvenor St, London, ON, N6A 4V2, Room B0-644

Hours: Monday to Friday 8am-4pm; after 4 pm, press 0, and ask switchboard for the nurse-on-call for sexual assault and domestic violence

Phone: (519) 646-6100 ext. 64224

Website: www.sjhc.london.on.ca/sexualassault

If you didn't find a resource here that applies, check Information London, a database with links to resources for basic needs, mental health, and community and government services. More info at: www.informationlondon.ca.

24 Hour Support Lines

Canadian Mental Health Association Crisis Line: phones are answered by volunteers, who provide support or link callers to community resources or the Crisis Mobile Team; provision of walk-in crisis intervention services on site

648 Huron St., London, ON, N5Y 4J7

Email: info@cmhamiddlesex.ca

Phone: (519) 433-2023 or **1(866) 933-2023**

Website: www.cmhamiddlesex.ca/crisis-services

Good2Talk: free, confidential helpline with professional counsellors in Ontario for young adults aged 17-25

Phone: 1(866) 925-5454 or by dialing 211 from anywhere in Ontario

Website: www.good2talk.ca

Mental Health Helpline: information about mental health services in Ontario and support for callers. Support available through phone call, email, and web chat.

Phone: 1(866) 531-2600

Email: administration@connexontario.ca

Website: www.mentalhealthhelpline.ca

Sexual Assault Centre of London: crisis line available for all survivors of sexual violence that provides information, intervention, and stabilization

379 Dundas Street, Suite 121, London, ON

Phone: (519) 438-2272 or 1(877) 529-2272

Website: <http://www.lccewa.ca/index.html>

Telehealth Ontario: free, confidential medical advice from registered nurses who can help determine the best course of action for medical concerns

Phone: **1(866) 797-0000**

Website: www.ontario.ca/page/get-medical-advice-telehealth-ontario

Women's Community House Help Line: confidential programs to assist women with issues of abuse, privacy, shelter, and other concerns

101 Wellington Rd., London, ON, N6C 4M7

Phone (24/7): (519) 642-3000

Phone (Information): 1(800) 265-1576 or (519) 642-3003

Website: www.shelterlondon.org/welcome

Zhaawanong Shelter: 24/7 shelter and crisis line for First Nations women and children who are at risk for abuse within the home. Transition services are also available for those who do not require shelter

343 Richmond St., Suite 109, London, ON, N6A 3C2

Phone: (519) 432-2270

Website: <https://atlohsa.com/>

Resources for Emergencies Document (RED)

If you discover a student in severe distress, please use the following resources to acquire immediate assistance for that individual. It is strongly recommended that you stay with that student until they are handed into professional care.

Police and Security

Call **911** on any campus phone to be connected with Campus Police.
King's Campus Security can be reached at **(519) 521-6215**.

Off Campus Assistance:

London Middlesex Health Unit

50 King St., London, ON, N6A 5L7
Hours: Mon – Fri: 8:30am-4:30pm
Phone: (519) 663-5317

St. Joseph's Health Care Centre

268 Grosvenor St., London, ON; N6A 4V2
Hours: Mon - Fri: 8am - 6pm
Sat – Sun: 8am – 4pm
Phone: (519) 646-6100 ext. 67020

University Hospital Emergency Department

339 Windermere Rd, London, ON N6A 5A5
Phone: (519) 685-8500

On Campus Resources:

Counselling and Student Development at King's

Wemple Building, Room W157

Hours: Mon - Fri: 9am-4:30pm

Phone: (519) 433-3491 ext.4321

Western Student Health Services

University Community Centre: 11

Hours: Mon - Thurs: 9am-7pm

Fri: 9am-4:30pm

Sat: 9am-1pm

Phone: (519) 661-3030

24 Hour Support Lines:

Good2Talk: 1(866) 925-5454

LGBT Youth Line: 1(800) 268-9688

Mental Health Crisis Line:

(519) 433-2023

Sexual Assault Centre London Support Line: (519) 438-2272

Women's Community House Line:

(519) 642-3000 or 1(800) 265-1576

Legal and Ethical Policies

Contact Information

If you have any concerns regarding the Mature Student Mentorship Program or the conduct of any of its participants, please contact one of the following individuals.

Joe Henry

Dean of Students

Phone: 519-433-3491 ext. 4548

Email: joe.henry@kings.uwo.ca

Lisa Tenhor

Administrative Coordinator

Phone: 519-433-3491 ext. 4320

Email: lisa.tenhor@kings.uwo.ca

Joanna Bedggood

Manager, Student Wellness

Phone: (519) 433-3491 ext. 4316

Email: Joanna.Bedggood@kings.uwo.ca