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](http://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/](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](http://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](http://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](http://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](http://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](http://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/](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/](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](http://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](http://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](http://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](http://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](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 2**nd** 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](http://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](mailto:usc.food.support@uwo.ca)  
Phone: (519) 661-3574  
Website: [www.usc.uwo.ca/page.asp?id=50](http://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](mailto:wec@uwo.ca)  
Phone: (519) 661-2111 ext. 87127  
Website: [http://wec.uwo.ca/](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](mailto:healthservices@uwo.ca)  
Phone: (519) 661-3030  
Website: [www.health.uwo.ca](http://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

**Men’s 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@hivaidsconnection.ca
Phone: (519) 434-1601
Website: www.hivaidsconnection.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](http://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](http://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](http://www.mentalhealthhelpline.ca)

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

255 Horton Street, 3rd Floor, Suite 5, London, ON, N6B 1L1

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

Website: [www.sacl.ca](http://www.sacl.ca)

**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](http://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](http://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: [www.atlohsa.com/services](http://www.atlohsa.com/services)
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