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

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