

COVID-19 RESOURCES

Mental Health & Wellness

INFORMATION ABOUT COVID-19

[Ottawa Public Health](#)
[Ontario Ministry of Health](#)
[UGME Updates](#)



ONLINE MENTAL HEALTH RESOURCES



[EmpowerMe](#) (Password: Studentcare)
[Big White Wall](#)
[BounceBack Mental Health](#)
[Mental Health Commission of Canada](#)
[COVID-19 Resources](#)

TALK TO SOMEONE

[Side by Side Peer Supporters](#)
[Student Affairs Office](#) (email or
online booking only)
[EmpowerMe](#) (Password: Studentcare)



EMERGENCIES AND HELPLINES



[Ottawa Distress Center](#): 613-238-3311
[Tel-Aide Outaouais](#): 613-741-6433
[Good2Talk](#): 1-866-925-5454



For more resources, check out our [Facebook page](#) or the full list on the [uOttawa ASoc site!](#)