

How to Get Help

ACCESS THE SUPPORT YOU NEED

**Immediate
response is
required**

Available 24/7

On Campus

Call Security
905.721.3211 or ext.
2400

Off Campus

Call 911

**Immediate crisis
response &
support to connect
with a counsellor**

Available 24/7

TELUS Health Employee Assistance Program (EAP)

(Formerly LifeWorks)

Call 1.844.671.3327

Free, confidential
support for employees
and their dependents

**Access resources
to support your
well-being**

Available 24/7

TELUS Health Employee Assistance Program (EAP)

(Formerly LifeWorks)

Call 1.844.671.3327

Our EAP is more than
counselling services, supporting
multiple dimensions of wellness
through financial, legal and
nutrition consultation, LIFT
fitness videos, and much more!

For more information about mental health and well-being resources visit
hr.ontariotechu.ca/wellness-at-work

Campus Connected



Staff and faculty can attend a Campus Connected orientation session for more information on how to engage with students.

Campus Connected is a movement that connects the people on our campus. Members of this movement affirm their ability to engage with others with an attitude of caring and kindness, as well as listen with empathy and without judgment.

Visit hr.ontariotechu.ca/wellness-at-work/events-initiatives to register today!