STEPS TO WELL-BEING

The Stepped Care Model at the Student Wellness Centre

Reactive ↑ Proactive

7 — SEEK IMMEDIATE SUPPORT
If you require urgent health care, visit your local hospital or any of our after-hours supports.

6 — BOOK A 1:1 APPOINTMENT
Call to book a one-on-one appointment with a doctor, nurse, or counsellor for individual support, referrals, or advice.

5 — ATTEND A GROUP SESSION
Learn more about anxiety, how it affects us, and how to manage it, in a small group setting by attending weekly counsellor-led skill groups.

4 — TALK TO A PEER
Not quite ready to speak to a professional? Attend a drop-in peer support space to chat with a trained student to vent and feel connected through common experiences.

3 — DEVELOP YOUR SKILLS
Attend weekly counsellor-led workshops to learn about riding the waves of student life. Learn the basics of staying well at Wellness 101 workshops, led by peers and educators.

2 — EXPAND YOUR KNOWLEDGE
Read through our trusted list of mental health resources and community supports at wlu.ca/wellness. Get helpful tips and strategies by reading peer and professional written articles available on our website.

1 — PRACTICE SELF-CARE
Use your current list of strategies to stay well (eating healthy, getting regular sleep, regular exercise, personal hygiene, etc.). To avoid burnout, choose self-care activities intentionally now to relieve stress in certain areas that might come up later.

Autonomy → Intervention