What will Student Wellness look like this fall?

University of Guelph Graduate Student Orientation, Fall 2020

Transcript:

My name is Jean Thompson, I am the Wellness Educator for Student Wellness.

All of our services have moved to being either virtual or over the phone. Counselling Services is housed at Student Wellness, so is Student Accessibility. The health and Performance Center, which provides physiotherapy, chiropractic, massage therapy, manual therapies, as well as the Wellness Education & Promotion Centre, which is where I work out of doing that health promotion and peer-to-peer piece, as well as of course, our health services. So, that's kind of you're drop-in clinic - anything that you could get from your doctor's office at home.

All that information is available on our wellness website - wellness.uoguelph.ca. All of these folks are available to talk to over the phone or virtually by calling the University of Guelph main phone number and then dialing the extension 52131.

If you require urgent support, and you're a student of the University of Guelph there are lots of opportunities available to you. You are absolutely welcome to call ahead to make an appointment.

Coming to the University of Guelph this fall allows students to be able to expand their resources and the network that they already have. One way that we are building community was continuing to work with our student groups and getting to make sure that they could continue on their really important work as peer educators, as health promoters, and serving their fellow peers on this campus virtually.

Resources (mentioned above):

Student Wellness

Counselling Services

Accessibility Services

Health Services

Wellness Education & Promotion Centre

COVID-19 Student Wellness Services

Urgent Help

Student Support Network
Other Resources:

Main University of Guelph phone number: 519-824-4120

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