



## Mental Health Supports for Students

Brandon University has two Counsellor Therapists who support students to resolve personal challenges that may arise during their academic career. Appointments can be made by calling **204-727-9737**.

Appointments and walk-ins with a **University Knowledge Keeper** can be made by contacting **204-727-7443**.

In addition, the University subscribes to **Therapy Assistance Online (TAO)**. TAO includes interactive sessions, mindfulness exercises and practice tools all aimed at helping you achieve your goals. Please visit [brandonu.ca/personal-counselling/tao/](http://brandonu.ca/personal-counselling/tao/)

**These services are free for students.**

### **24-hour Crisis Supports:**

*Over 18 Years of Age:*

Mobile Crisis Unit **204-725-4411**

*Under 18 Years of Age:* Child and Adolescent Treatment Centre

**204-578-2700**

Sexual Assault Crisis Line: **1-888-292-7565**