CS: Self-Directed Supports

Version 5

Published 5/15/2025 by Tracey Laurin Last updated 11/17/2025 4:11 PM by Tracey Laurin



Explore free online and community-based tools to support your mental health and wellbeing, anytime, anywhere. Whether you're looking to manage stress, improve sleep, or learn new coping strategies, these self-guided resources are here to help you take the next step at your own pace. These resources cover a wide range of topics like anxiety, low mood, relationships, and more. These supports are ideal if you're not ready to connect with a counsellor or want something to complement your existing care.

Visit our Self-Directed Tools for access to these supports.

Topics include:

- Stress Management & Resilience
- Mental Health & Emotional Wellness
- Time Management & Academic Success
- Healthy Relationships & Communication
- Self-Care & Wellness
- Coping with Change & Transitions
- Wellness for Diverse Students
- Identity & Self-Exploration
- Stressful Academic & Life Situations
- Balanced Living: Work, Study, Play
- Substance Use & Wellness
- Violence Prevention & Consent
- Careers & Mental Wellness
- Gratitude & Positive Thinking
- Living Away from Home
- Additional Specialized Resources