

CS: Self-Directed Supports

Version 4

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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](#)