

Mental Health Resources at the University of Alberta

Counselling and Clinical Services	780-492-5205
2-600 Students' Union Building	8:00 AM – 4:00 PM (M, Th, F) 8:00 AM – 7:00 PM (T & W)
<p>Initial consultations and all services, with the exception of group therapy programs (which have a minimal fee), are free of charge.</p> <p>Personal, Relationship, and Family Therapy:</p> <ul style="list-style-type: none"> We provide students with professional psychological therapy and treatment emphasizing a shorter-term model, including individual, relationship, and family therapy. We assist students with a wide range of mental health and life concerns. <p>Free Drop-In Workshops:</p> <ul style="list-style-type: none"> Workshops are casual, one-time events that teach participants practical and realistic strategies to deal with a particular mental health topic. <p>Group Therapy:</p> <ul style="list-style-type: none"> Groups are ongoing and offer a supportive and safe environment for participants to learn strategies to overcome psychological challenges. Joining a therapy group requires an initial consultation. 	
Peer Support Centre	780-492-4357 (confidential helpline) 780-492-4268 (appointments) psc@su.ualberta.ca
2-707 Students' Union Building	9:00 AM – 8:00 PM (M-F)
<p>Need someone to talk to? We're here to listen.</p> <p>The Peer Support Centre (PSC) is a Students' Union service that offers a free, confidential, and non-judgemental place to talk to someone for support. No issue is too big or too small. Our trained volunteers offer: peer support, crisis management, information and resources, as well as a safe and confidential place to talk. Our volunteers will listen to help you uncover some steps you can use to improve your situation, no matter what the issue. We also have a library of on and off campus resources to give you an idea of where to go when you leave the Centre.</p> <p>We are open from Monday-Friday 9:00am - 5:00pm (Spring/Summer, Only by appointment); Monday-Friday 9:00am - 8:00pm (Fall/Winter)*</p> <p>Drop in to SUB 2-707. Call our confidential helpline for a session (780-492-4357)</p> <p>Make an appointment by calling our admin by phone (780-492-4268) or by email (psc@su.ualberta.ca)</p>	

Sexual Assault Centre	780-492-9771 sexualassaultcentre@ualberta.ca
2-705 Students' Union Building	9:00 AM – 5:00 PM (M-F)
<p>Drop-in, telephone or email support for survivors of sexual assault, sexual harassment, stalking or relationship violence regardless of gender.</p> <ul style="list-style-type: none"> ● Counselling and psychotherapy appointments with our psychologist for either short or long-term counselling and treatment regarding sexual assault or sexual abuse (whether the experience happened recently or long ago) ● Support and information for partners, friends, family, and concerned individuals who are supporting a survivor of sexual assault ● Advocating for deferrals, extensions, and other academic accommodations to help support student success ● Accompaniment for individuals who choose to seek medical attention or report their experience ● Referrals to on- and off-campus resources ● Resource area for information on sexual assault and related topics <p>We offer free, interactive awareness workshops on sexual assault for all groups in the community, including:</p> <ul style="list-style-type: none"> ● Interactive education presentations on sexual assault (50 or 80 minute sessions), ● Bystander intervention workshops, ● Sexual assault disclosure workshops, and ● Professional and specialty workshops. <p>Additionally, we run a variety of awareness campaigns throughout the year on sexual assault and topics related including consent, prevention, and supporting survivors.</p>	
Wellness Supports Community Social Workers and Health Promotions	780-492-1619 wellness@ualberta.ca
2-300 Students' Union Building	8:30 AM - 4:30 PM (Sept - April, M-F) 8 AM - 4 PM (May - Aug, M-F)
<p>The Wellness Supports team provides support to students of all ages, groups, backgrounds, and income levels in becoming connected to each other, the campus community, and resources both on and off campus. Connecting to your campus community plays an important role to your overall well-being.</p> <p>Social Worker Support - Wellness Supports has a team of Registered Social Workers providing supportive case management services to students on a one-to-one basis. We can assist students in the areas of housing, finances, academics, personal wellness, life skill development, family dynamics, system navigation, and any area of life where there is a desire to invite change.</p> <p>Workshops and Training - Our training team includes registered social workers who practice community social work and public health advocates. We offer a range of mental health and wellness workshops to support students, such as supportive listening and suicide prevention training. Our training sessions help build community, decrease loneliness, and build capacity to help ourselves and each other.</p>	

University Health Centre	780-492-2612 hws@ualberta.ca
2-200 Students' Union Building	8:30 AM – 4:00 PM (M-F)
<p>We offer an extensive list of services to meet your health care needs. Most of our services operate on a walk-in basis and are available to all staff members, students, and spouses and children of students. The University Health Centre provides access to physicians, nurses, and other healthcare professionals for assessment and treatment of mental health concerns, among other services.</p> <p>Our services include:</p> <ul style="list-style-type: none"> ● Sexual health services ● Health Faculty Immunizations ● Obstetrics and Gynecology ● Podiatry ● Travel Consultation and Immunizations ● Nutrition Consultations 	
Aboriginal Student Services Centre	780-492-5677 assc.reception@ualberta.ca
2-400 Students' Union Building	8:30 AM – 12:00 PM, 1:00 PM – 4:30 PM
<p>Standing true to our beliefs as First Peoples and guided by our cultural teachings, the Aboriginal Student Services Centre (ASSC) provides an environment of empowerment for First Nations, Métis, and Inuit learners to achieve personal and academic growth.</p> <p>Our vision is to demonstrate our commitment to the First Nations, Métis, and Inuit student community on campus and provide services that reflect this responsibility. ASSC will continue to honour the Indigenous worldview of education as a continuous ceremony of learning by respecting and supporting the voices and spirit of our student community at the University of Alberta.</p> <p>Our services include:</p> <ul style="list-style-type: none"> ● Aboriginal student housing ● Advising ● Computer lab ● Printing, photocopying, faxing, telephone services ● Sewell Reference Room ● Ceremonial Room 	

The Landing	780-492-4949 thelanding@su.ualberta.ca
0-68A Lower Level Students' Union Building	12:00 PM - 4:00 PM (M & W) (In-person) 24/7; with staff support 12:00 - 4:00 PM from M-Th (Discord)
<p>The Landing is a non-profit service at the University of Alberta that offers support for gender and sexual diversity. We strive to promote gender equity on a broad scale, and advocate for the safety and acceptance of individuals of all genders and sexualities in campus life.</p> <p>As part of this mandate, we support LGBTTTQQPIANU+ (Lesbian, Gay, Bisexual, Transgender, Two-Spirit, Queer, Questioning, Pansexual, Intersex, Asexual, Non-Binary, Unlabelled, and more) communities and individuals, as well as their supporters, friends, family and loved ones.</p> <p>We offer:</p> <ul style="list-style-type: none"> ● Regularly scheduled drop-in hours staffed by volunteers ● A variety of services, including peer mentorship, resources, and referrals for anyone working through issues around gender and sexual identity and related stressors ● Education sessions for students and staff of all genders and sexualities ● Awareness campaigns, advocacy, outreach, and events ● Volunteer opportunities ● Cool events! Sign up for our newsletter 	
International Student Services	780-492-2692 advising@international.ualberta.ca
142 Telus Centre	8:30 AM – 4:30 PM (M-F)
<p>Supporting international students as they navigate the challenges of adjusting to life in Canada.</p> <ul style="list-style-type: none"> ● Airport welcome ● Academic support ● Career development ● Bursaries and loans ● Health and wellness ● Culture and lifestyle guide 	