

# Mental Health and Wellness Resources

Developed by  
the GSA Mental Health and Wellness Subcommittee



## TABLE OF CONTENTS

Click on the section's title below to go to the respective section

<b>EMERGENCIES</b> .....	<b>3</b>
<b>URGENT HELP</b> .....	<b>4</b>
<b>COUNSELLING SUPPORT</b> .....	<b>5</b>
<b>MENTAL HEALTH SUPPORTS AND RESOURCES</b> .....	<b>8</b>
<b>UCALGARY HEALTH AND WELLNESS RESOURCES</b> .....	<b>12</b>
<b>UCALGARY GENERAL RESOURCES</b> .....	<b>15</b>
<b>UCALGARY STUDENT SUPPORT RESOURCES</b> .....	<b>18</b>
<b>FAITH-BASED RESOURCES</b> .....	<b>20</b>
<b>EDUCATION, TRAINING, AND WEBINARS</b> .....	<b>21</b>
<b>MENTAL WELLNESS AND MENTAL HEALTH PROMOTION RESOURCES</b> .....	<b>22</b>
<b>APPS- MINDFULNESS</b> .....	<b>22</b>
<b>APPS - PHYSICAL ACTIVITY</b> .....	<b>23</b>
<b>YOUTUBE CHANNELS</b> .....	<b>23</b>

<b>EMERGENCIES</b>		
<b>RESOURCES</b>	<b>SERVICE HOURS</b>	<b>SERVICES</b>
<b>911</b>	<i>24/7</i>	Be Prepared to answer the following questions: <ul style="list-style-type: none"><li>- 911 for what city?</li><li>- Do you need Police, Fire, or Ambulance?</li><li>- What is the address of the emergency</li><li>- What is the phone number you are calling from?</li><li>- Tell me exactly what happened</li></ul>

<b>URGENT HELP</b>		
RESOURCES	SERVICE HOURS	SERVICES
Alberta Health Services Mental Health Helpline Phone: 1-877-303-2642	24/7	Confidential, anonymous service, Information about mental health programs and services, Referrals to other agencies if needed
Calgary Distress Centre Phone: 403-266-4357 (HELP) Email: <a href="mailto:help@distresscentre.com">help@distresscentre.com</a> Location: Suite 500, 999 8th Street SW <a href="#">Website</a>	24/7 Crisis line Confidential <a href="#">Online Chat</a> : 3-10 p.m. MT daily	Provide compassionate, accessible crisis support that enhances the health, well-being and resiliency of individuals in distress
Connecteen Phone: 403-264-8336 Text: 587-333-2724 Email: <a href="mailto:ConnecTeen@distresscentre.com">ConnecTeen@distresscentre.com</a> <a href="#">Website</a>	Phone: 24/7 <a href="#">Live Chat</a> & Text: Monday to Friday: 3pm – 10pm Saturday and Sunday 12 – 10pm	Provides confidential peer support service for teenagers in Calgary and area via
Health Link Phone: 811 or 1-866-408-5465 (toll-free) <a href="#">Website</a>	24/7	Connects you with a registered nurse who will assess symptoms and determine the best care for you
Woods Homes Phone: 403-299-9699 or 1-800-563-6106 Text: 587-315-5000 Email <a href="mailto:crtsupport@woodshomes.ca">crtsupport@woodshomes.ca</a> <a href="mailto:etherapy@woodshomes.ca">etherapy@woodshomes.ca</a> <a href="#">Website</a>	24/7 crisis counselling by phone Text and <a href="#">live chat</a> : 9am-10pm Mobile response: 12-7pm	Crisis counselling, Virtual counselling, Family support

<b>COUNSELLING SUPPORT</b>			
RESOURCES	SERVICE HOURS	SERVICES	COST
<p>Alberta Health Services South Calgary Walk-In Counselling Phone: 403-943-9374 403-943-1500 (Switchboard) Location: 31 Sunpark Plaza SE Calgary, Alberta T2X 3W5 - 2nd Floor of Mental Health Area <a href="#">Website</a></p>	<p>Monday- Thursday: 4pm-7pm Friday: 9am-12 pm Weekends: Closed</p>	<p>Provides psychotherapy for adults (18 and older) experiencing moderate to severe mental illness.</p> <p>*Note: Single session therapy will be available by <u>appointment only</u>. There is no walk-in during this time. Please call to book an appointment</p>	
<p>CCASA – Calgary Communities Against Sexual Abuse Phone: Support and Information Line: 403- 237-5888 Alberta's One Line for Sexual Violence: 1-866-403-8000 TTY line: 403-508-7888 Email: <a href="mailto:info@calgarycasa.com">info@calgarycasa.com</a> Location: Northland Building, Suite 700, 910-7<sup>th</sup> Ave SW. Calgary, AB T2P 2N8 <a href="#">Website</a></p>	<p>If you have been sexually assaulted within the last 96 hours, please go to the Sheldon Chumir Health Centre and ask for the Sexual Assault Response Team.</p>	<ul style="list-style-type: none"> <li>- Crisis Intervention</li> <li>- Support and information line</li> <li>- Individualized specialized counselling</li> <li>- Group counselling</li> <li>- Sexual assault response team</li> <li>- Calgary Sexual Assault Response Team (CSART)</li> <li>- Clinical Services</li> <li>- Educational resources &amp; Outreach</li> </ul>	Free
<p>Calgary Distress Centre Phone: 403-266-4357 (HELP) Email: <a href="mailto:help@distresscentre.com">help@distresscentre.com</a> Location: Suite 500, 999 8th Street SW <a href="#">Website</a></p>	<p>Counselling services via phone or video Evening and emergency appointments</p> <p>Crisis line 24/7</p>	<ul style="list-style-type: none"> <li>- Counselling</li> <li>- Crisis support</li> </ul>	Free

Graduate Students' Association, University of Calgary  
Mental Health and Wellness Resources

<p>Calgary Counselling Centre Phone: 403-265-4980 Counselling: 833.827.4229 Email: <a href="mailto:contactus@calgarycounselling.com">contactus@calgarycounselling.com</a> Location: Suite 1000 105 12 Ave. SE, Calgary, AB <a href="#">Website</a></p>	<p>Services online or over the phone Monday – Thursday: 8:30am-7:30pm Friday: 8:30am-5pm Saturday: 9am-3:30pm</p>	<p>Individuals &amp; couples, families and group counselling</p>	<p>Sliding scale, starting at \$5</p>
<p>Calgary Family Counselling Centre Phone: (403) 802-1680 Email: <a href="mailto:cftc@ucalgary.ca">cftc@ucalgary.ca</a> Location: #600, 1816 Crowchild Trail NW, Calgary, AB <a href="#">Website</a></p>	<p>Monday – Thursday: 9am-6pm Friday: 9am-5pm</p>	<p>Professional therapists work with families whose children are experiencing psychological, emotional, or behavioural problems.</p>	<p>Free</p>
<p>Student Wellness Services Phone: 403-210-9355 Email: <a href="mailto:sar@ucalgary.ca">sar@ucalgary.ca</a> Location: Room 370, MacEwan Student Centre <a href="#">Website</a></p>	<p>Counselling offered remotely via Skype, Microsoft Teams, and phone</p>	<p>Single session counselling  For non-urgent mental health support email: <a href="mailto:sar@ucalgary.ca">sar@ucalgary.ca</a>  Can book medical appointments, mental health appointments, chiropractic appointments, and massage appointments via the phone number listed. Virtual and in-person appointments available</p>	<p>Cost dependent on care</p>
<p>University of Calgary Psychology Clinic Phone: 403-220-7731 Email: <a href="mailto:PsyClinic@ucalgary.ca">PsyClinic@ucalgary.ca</a> Location: EDC 281, 2750 University Way NW, Calgary, AB <a href="#">Website</a></p>		<p>Assessment and psychotherapy services for those struggling with a range of issues, including emotional disturbances (e.g., depression, anxiety), effects of trauma, relational problems, life transitions, stress management, insomnia, difficulties with behavioural change, and identity</p>	<p>Sliding scale</p>

Graduate Students' Association, University of Calgary  
Mental Health and Wellness Resources

		issues.	
<p>Wood's Homes/Eastside Family Centre Phone: 403-299-9696 Email: <a href="mailto:efc.ecounselling@woodshomes.ca">efc.ecounselling@woodshomes.ca</a> Location: 495 36 St NE #255, Calgary, AB T2A 6K3 <a href="#">Website</a></p>	<p>Hours: Monday 1-7pm Tuesday-Thursday: 11am-7pm Friday: 12-5pm Saturday: 11am-4pm Closed Sundays and holidays</p>	<ul style="list-style-type: none"> <li>- Crisis support</li> <li>- Counselling</li> <li>- Multilingual</li> <li>- Consultation via email</li> </ul> <p>24/7 crisis counselling by phone 403-299-9699 or 1-800-563-6106 Text: 587-315-5000 (9am-10pm) <a href="#">live chat</a>: 9am-10pm</p>	Free

<b>MENTAL HEALTH SUPPORTS AND RESOURCES</b>			
RESOURCES	SERVICE HOURS	SERVICES	COST
Addiction Helpline Phone: 1-866-332-2322 <a href="#">Website</a>	24/7	Toll free confidential service which provides alcohol, tobacco, other drugs and problem gambling support, information and referral to services for adults and youth requiring addiction services.	Free
Alberta Health Services Access Mental Health Phone:403-943-1500 <a href="#">website</a>	Monday – Friday 8am-5pm	Non-urgent service providing information, consultation, and referrals for individuals residing in the Calgary zone with addiction and/or mental health concerns.	Free
Alberta Health Services Adult Addictions Services Calgary Phone: 403-367-5000 Location: 3 <sup>rd</sup> floor, 707 10 Ave SW, Calgary, Alberta, T2R 083 <a href="#">Website</a>	Telephone Only Monday-Thursday 9am-8pm Friday 9am-4pm	Non-medical treatment facility for those experiencing problems related to their use of alcohol, drugs, gambling, or sex addiction. All programs and services are voluntary, confidential, and free of charge. Must be 18+	Free



Graduate Students' Association, University of Calgary  
Mental Health and Wellness Resources

<p>Alberta Health Services Harm Reduction Projects and Supervised Consumption Site Phone: 403-955-3380 Email: <a href="mailto:harm.reduction@ahs.ca">harm.reduction@ahs.ca</a> <a href="mailto:Scs.calgary@ahs.ca">Scs.calgary@ahs.ca</a> Location: Supervised consumption site, main floor, Sheldon Chumir Health Centre, 1213 4 St. SW, Calgary AB, T2R 0X7 <a href="#">Website</a> <a href="#">Website 2</a></p>	<p>24/7</p>	<p>Safeworks harm reduction program - Risk reduction supplies and information - Safer substance use and overdose prevention - Testing and counselling - Physical and mental health assessments and interventions</p>	<p>Free</p>
<p>Alberta Quits Helpline Phone: 1-866-710-7848 <a href="#">Website</a></p>	<p>Monday - Sunday 8AM to 8PM</p>	<p>Telephone tobacco cessation counselling, support, and information for all Albertans.</p>	<p>Free</p>
<p>Aventa Addiction Treatment for Women Phone: 403-245-9050 Email: <a href="mailto:info@aventa.org">info@aventa.org</a> Location: 610- 25 Avenue SW, Calgary, AB T2S 0L6 <a href="#">Website</a></p>	<p>24/7 live-in facility  (403)-245-9050 for Monday-Friday 8:00am-4:00pm (403)-541-4658 for Evenings/Weekends</p>	<p>Trauma informed, gender-specific, concurrent capable, live-in addiction treatment services for women. Women must be 18 years of age and over.</p>	<p>\$40 assessment fee is due at the time of assessment</p>

Graduate Students' Association, University of Calgary  
Mental Health and Wellness Resources

<p>CCASA – Calgary Communities Against Sexual Abuse Phone: Support and Information Line: 403-237-5888 Alberta's One Line for Sexual Violence: 1-866- 403-8000 TTY line: 403-508-7888 Email: <a href="mailto:info@calgarycasa.com">info@calgarycasa.com</a> Location: Northland Building, Suite 700, 910-7<sup>th</sup> Ave SW. Calgary, AB T2P 2N8 <a href="#">Website</a></p>	<p>If you have been sexually assaulted within the last 96 hours, please go to the Sheldon Chumir Health Centre and ask for the Sexual Assault Response Team.</p>	<ul style="list-style-type: none"> <li>- Crisis Intervention</li> <li>- Support and information line</li> <li>- Individualized specialized counselling</li> <li>- Group counselling</li> <li>- Sexual assault response team</li> <li>- Calgary Sexual Assault Response Team (CSART)</li> <li>- Clinical Services Educational resources &amp; Outreach</li> </ul>	<p>Free</p>
<p>Calgary Distress Centre Phone: 403-266-4357 (HELP) Email: <a href="mailto:help@distresscentre.com">help@distresscentre.com</a> Location: Suite 500, 999 8<sup>th</sup> Street SW <a href="#">Website</a></p>	<p>Counselling services via phone or video Evening and emergency appointments  Crisis line 24/7</p>	<ul style="list-style-type: none"> <li>- Counselling</li> <li>- Crisis support</li> </ul>	<p>Free</p>
<p>Carya Phone: 403-269-9888 Email: <a href="mailto:info@caryacalgary.ca">info@caryacalgary.ca</a> Location: 180, 839 5 Avenue S.W. Calgary, Alberta, T2P 3C8 <a href="#">Website</a></p>	<p>Monday – Friday 8:00am – 5:00pm</p>	<ul style="list-style-type: none"> <li>- Community Hubs</li> <li>- Family Support</li> <li>- Individual Well-Being &amp; Education</li> <li>- Support for Older Adults</li> <li>- Youth Engagement</li> </ul>	

Graduate Students' Association, University of Calgary  
Mental Health and Wellness Resources

<p>Family Violence Phone: 310-1818 403-234-7233 403-266-4357 Alberta Provincial abuse helpline: 1-855-4HELPAB (1-855-442-5722) Child abuse hotline: 1-800-387-KIDS(5437) Protection for persons in care reporting line: 1-888-357-9339 Text: 403-604-6689 <a href="#">Live Chat Website</a></p>	<p>Call 911 if in danger <a href="#">Online chat</a> 8am-8pm *English only</p>	<ul style="list-style-type: none"> <li>- Multilingual</li> <li>- Anonymous</li> <li>- Access to help</li> <li>- Information for family violence, child abuse, persons in care</li> <li>- Victims services</li> <li>- Shelters</li> <li>- Sexual assault services</li> <li>- Indigenous services</li> <li>- Pet safety</li> <li>- Legality and rights</li> </ul>	
<p>Sexual Violence Support Phone: 403-220-2208 Email: <a href="mailto:svsa@ucalgary.ca">svsa@ucalgary.ca</a> Location: MSC 373F, MacEwan Student Centre <a href="#">Website</a></p>	<p>Remote support available</p>	<ul style="list-style-type: none"> <li>- Give support</li> <li>- Get support</li> <li>- Request workshop and/or materials</li> </ul>	<p>Free</p>
<p>Text4Hope (Alberta Health Services) Text: COVID19HOPE to 393939</p>	<p>Daily text messages for three months. Daily messages with advice and encouragement.</p>	<ul style="list-style-type: none"> <li>- - Free based on phone plan</li> </ul>	
<p>Women's Health Collective Phone: 403-265-9590 Location: 3<sup>rd</sup> floor, 223 12 Ave SW, Calgary, Alberta, T2R 0B9 <a href="#">Website</a></p>		<ul style="list-style-type: none"> <li>- - Counselling</li> </ul>	<p>Sliding scale</p>

<b>UCALGARY HEALTH AND WELLNESS RESOURCES</b>			
RESOURCES	SERVICE HOURS	SERVICES	COST
<p>Campus Mental Health Strategy Phone: Email: <a href="mailto:mhstrategy@ucalgary.ca">mhstrategy@ucalgary.ca</a> <a href="#">Website</a></p> <p>If you are in danger and or have safety concerns about a situation involving imminent risk of harm, call 9-1-1.</p>	<p>Mental health during COVID-19: Receive mental health support remotely - available to students, faculty and staff who need it.</p>	<p>The Campus Mental Health Strategy's vision is to be a community where we care for each other, learn and talk about mental health and well-being, receive support as needed, and where individually and collectively we realize our potential.</p>	Free
<p>Mental Health &amp; Wellness Subcommittee - Graduate Students' Association Email: <a href="mailto:wellness.gsa@ucalgary.ca">wellness.gsa@ucalgary.ca</a> Instagram: ucalgary_mhwc Twitter: ucalgary_mhwc Facebook: Mental Health and Wellness GSA University of Calgary</p>	<p>Events will be online for Fall 2020</p>	<p>The subcommittee's purpose is to enhance the mental health of students through events, campaigns, education and advocacy initiatives.</p>	Free
<p>Post-Alcohol Support Space (PASS) Phone: 403-220-5333 (Call Safewalk to request and escort from any on-campus location) You can call for yourself or someone you're with Email: <a href="mailto:campus.security@ucalgary.ca">campus.security@ucalgary.ca</a> Location: Cascade Hall (Accessible by escort from Safewalk or the Student Medical Response (SMR) team) <a href="#">Website</a></p>	<p>PASS is open on Saturdays only</p>	<p>PASS is a medically supervised, judgment-free space on campus where members of the university community can sleep off the effects of alcohol and/or cannabis on Saturday nights.</p> <p>It's confidential and open to any member of the UCalgary community.</p>	Free

Graduate Students' Association, University of Calgary  
Mental Health and Wellness Resources

<p>Peer Support Phone: 403-210-9355, option #2 Email: <a href="mailto:megan.mackay@ucalgary.ca">megan.mackay@ucalgary.ca</a> Location: Room 370, MacEwan Student Centre <a href="#">Website</a></p>		<p>Volunteers are trained in active listening and helping skills. Everything you tell them is confidential, unless you're at risk or harming yourself or someone else. Find peer support, self help resources, and workshops.</p>	Free
<p>Sexual Violence Support Phone: 403-220-2208 Email: <a href="mailto:svsa@ucalgary.ca">svsa@ucalgary.ca</a> Location: MSC 373F, MacEwan Student Centre <a href="#">Website</a></p>	Remote support available	<p>Registered social worker with professional experience in domestic and sexual violence, education and mental health.</p>	Free
<p>Student at Risk Team Phone: 403-220-4923 Email: <a href="mailto:SAR@ucalgary.ca">SAR@ucalgary.ca</a> Location: Room 370, MacEwan Student Centre <a href="#">Website</a></p> <p>If you think there's an immediate risk of harm, call 9-1-1 or Campus Security at 403-220-5333</p>	The team is available during regular UCalgary business hours	<p>When a student is identified as being at risk, the team conducts an assessment for risk of violence, and engages with an identified student as early as possible to minimize potential for harm.</p> <ul style="list-style-type: none"> <li>- Facilitate group training or consultations about recognizing or supporting a student at risk</li> <li>- Drug and alcohol information</li> <li>- Health sexuality</li> </ul>	Free

Graduate Students' Association, University of Calgary  
Mental Health and Wellness Resources

<p>Student Wellness Services Phone: 403-210-9355 Email: <a href="mailto:sar@ucalgary.ca">sar@ucalgary.ca</a> Location: Room 370, MacEwan Student Centre <a href="#">Website</a></p>	<p>Counselling offered remotely via Skype, Microsoft Teams, and phone</p>	<p>Single session counselling</p> <p>For non-urgent mental health support email: <a href="mailto:sar@ucalgary.ca">sar@ucalgary.ca</a></p> <p>Can book medical appointments, mental health appointments, chiropractic appointments, and massage appointments via the phone number listed. Virtual and in-person appointments available</p>	<p>Cost dependent on care</p>
<p>University of Calgary Psychology Clinic Phone: 403-220-7731 Email: <a href="mailto:PsyClinic@ucalgary.ca">PsyClinic@ucalgary.ca</a> Location: EDC 281, 2750 University Way NW, Calgary, AB <a href="#">Website</a></p>		<p>Assessment and psychotherapy services for those struggling with a range of issues, including emotional disturbances (e.g., depression, anxiety), effects of trauma, relational problems, life transitions, stress management, insomnia, difficulties with behavioural change, and identity issues.</p>	<p>Sliding scale</p>

<b>UCALGARY GENERAL RESOURCES</b>			
RESOURCES	SERVICE HOURS	SERVICES	COST
<p>Campus Security Phone: 403-220-5333 Email: <a href="mailto:campus.security@ucalgary.ca">campus.security@ucalgary.ca</a> Location: MacEwan Student Centre, Room 260 <a href="#">Website</a></p> <p>Safewalk- Main Campus Phone: 403-220-5333 Email: <a href="mailto:safewalk@ucalgary.ca">safewalk@ucalgary.ca</a> Approach Safewalk volunteer and request a walk</p> <p>Safewalk- Downtown Campus Phone: 403-473-2614 Email: <a href="mailto:dtsecure@ucalgary.ca">dtsecure@ucalgary.ca</a> Location: Security Desk 8<sup>th</sup> Ave or NE8<sup>th</sup> St Can book if advance or go to location</p>	<p>Safewalk Main campus 24/7 Can use campus Help Phones to call</p> <p>Safewalk- Downtown Campus Monday-Thursday 11am-8pm Friday 11am- 6:30pm Saturday 11am-5pm</p>	<ul style="list-style-type: none"> <li>- Safewalk service is available 24/7 to walk students, staff, and campus visitors safely to their destination on campus.</li> <li>- Security alerts: In the event of a situation affecting the UCalgary community, updates will be posted on the Campus Security website.</li> <li>- Robbery Prevention &amp; Response</li> </ul>	Free
<p>Faith and Spirituality Centre</p> <p>Phone: 403.220.5451 Location: MacEwan Student Centre (MSC) 487 <a href="#">Website</a></p>	<p>Tuesday-Friday 9 a.m. - 4 p.m.</p> <p>All multi-faith spaces are closed for booking for the fall semester in accordance with AHS and University Health and Safety Protocols.</p>	<p>Pastoral counselling, spiritual direction and faith dynamics (Drop in or contact specific chaplains) Emotional, spiritual, and academic concerns Drop in or call for appointment Website links to yoga, meditation, and mindfulness sessions offered across campus</p>	Free

Graduate Students' Association, University of Calgary  
Mental Health and Wellness Resources

<p>International Student Services Email: <a href="mailto:iss@ucalgary.ca">iss@ucalgary.ca</a> (General inquiries) <a href="mailto:issimmigration@ucalgary.ca">issimmigration@ucalgary.ca</a> (Canadian immigration inquiries). Location: MacEwan Student Center, 275 <a href="#">Website</a></p>	<p>ISS is online Advising hours: 9am-12pm; 1pm-4pm</p>	<ul style="list-style-type: none"> <li>- Immigration Information</li> <li>- Resources</li> <li>- ISS Programs &amp; Events</li> <li>- Advising</li> </ul>	<p>Free</p>
<p>Office of Diversity, Equity, and Protected Disclosure William Yimbo (Education Specialist) Phone: 403-220-4405 Email: <a href="mailto:william.yimbo@ucalgary.ca">william.yimbo@ucalgary.ca</a> Rachel Trebilco (Sexual Violence Support Advisor) Phone: 403-220-8140 Email: <a href="mailto:rachel.trebilco1@ucalgary.ca">rachel.trebilco1@ucalgary.ca</a> Location: Administration Building, (AD 116), 2500 University Dr. NW, Calgary, AB, T2N 1N4 <a href="#">Website</a></p>		<p>Committed to an equitable, diverse and inclusive campus that is accessible to all and free from harassment, bullying, and discrimination.</p>	<p>Free</p>
<p>Ombudsperson/Student Rights Advisor Phone: 403 220-6420 Email: <a href="mailto:ombuds@ucalgary.ca">ombuds@ucalgary.ca</a> Location: MacEwan Student Centre, Room 274 <a href="#">Website</a></p>	<p>In-person support has been temporarily suspended.</p>	<p>Acts as a neutral third party that guides students through policies, procedures and options available depending on the situation. Can assist with term and final grade reappraisals, appeals of academic and non-academic violations and other issues affecting your academic progress at the University</p>	<p>Free</p>



Graduate Students' Association, University of Calgary  
Mental Health and Wellness Resources

<p>Q Centre Phone: (403) 220-4460 Email: <a href="mailto:qcentre@ucalgary.ca">qcentre@ucalgary.ca</a> Location: Closed in person for Fall 2020 <a href="#">Website</a></p>	<p>Online only for Fall 2020</p>	<p>Provides a safe and inviting space for the LGBTQA+ community at U of C. Features a library and peer support services. Program coordinators and volunteers plan events and direct clients to relevant resources.</p>	<p>Free</p>
<p>Women's Resource Centre Phone: 403-220-8551 Fax: 403-210-7970 Email: <a href="mailto:women@ucalgary.ca">women@ucalgary.ca</a> Location: MacEwan Student Centre 482 <a href="#">Website</a></p>	<p>Monday - Friday 8:30 a.m. - 4:30 p.m (via Zoom or Skype)  Virtual front desk: Monday to Friday 1-3 p.m</p>	<p>Peer support for everyone including students, staff, and faculty. Find help to develop practical skills to support feminist theory learned in the classroom. Workshops and events centered around wellness</p>	<p>Free</p>
<p>Writing Symbols Lodge Phone: 403.220.6034 Email: <a href="mailto:writingsymbolslodge@ucalgary.ca">writingsymbolslodge@ucalgary.ca</a> Location: Writing Symbols Lodge, 390Z MacEwan Student Centre <a href="#">Website</a></p>	<p>Monday to Friday, 8:30 a.m. – 4:30 p.m. Advising via Zoom or telephone</p>	<p>Writing Symbols Lodge staff are dedicated to enriching the quality of the student experience and encourage the success of First Nations, Métis and Inuit students through a variety of programs and services. Facilities:</p> <ul style="list-style-type: none"> <li>- Red Lodge Student Lounge (refrigerator, microwave, toaster, coffee-maker, kettle)</li> <li>- Computer lab</li> <li>- Indigenous Students' Council office</li> <li>- Shared study space</li> <li>- Ceremonial Room</li> </ul>	<p>Free</p>

<b>UCALGARY STUDENT SUPPORT RESOURCES</b>			
RESOURCES	SERVICE HOURS	SERVICES	COST
Faculty of Graduate Studies Phone: 403-220-4938 Email: <a href="mailto:graduate@ucalgary.ca">graduate@ucalgary.ca</a> Location: Earth Sciences, 1010 <a href="#">Website</a>	Virtual hours: Tuesday - Thursday: 10 AM - 2 PM	Student services <ul style="list-style-type: none"> <li>- Graduate scholarship office</li> <li>- Graduate program officers</li> <li>- Graduate academic advisors</li> <li>- My GradSkills</li> </ul>	Free
Faith and Spirituality Centre Phone: 403.220.5451 Location: MacEwan Student Centre (MSC) 487 <a href="#">Website</a>	Tuesday-Friday 9 a.m. - 4 p.m.  All multi-faith spaces are closed for booking for the fall semester in accordance with AHS and University Health and Safety Protocols.	Pastoral counselling, spiritual direction and faith dynamics (Drop in or contact specific chaplains) Emotional, spiritual, and academic concerns Drop in or call for appointment Website links to yoga, meditation, and mindfulness sessions offered across campus	Free
Ombudsperson/Student Rights Advisor Phone: 403 220-6420 Email: <a href="mailto:ombuds@ucalgary.ca">ombuds@ucalgary.ca</a> Location: MacEwan Student Centre, Room 274 <a href="#">Website</a>	In-person support has been temporarily suspended.	Acts as a neutral third party that guides students through policies, procedures and options available depending on the situation. Can assist with term and final grade reappraisals, appeals of academic and non-academic violations and other issues affecting your academic progress at the University	Free

Graduate Students' Association, University of Calgary  
Mental Health and Wellness Resources

<p>Student Accessibility Services Phone: (403)220-8237 Email: <a href="mailto:access@ucalgary.ca">access@ucalgary.ca</a> Location: Student Accessibility Services MacEwan Student Centre 452 <a href="#">Website</a></p>	<p>Online only Monday – Wednesday and Friday: 9:00 a.m. – noon Monday – Friday: 1 – 4 p.m</p>	<p>Accessible, equitable and supportive learning environment that enhances each student's academic and personal development</p>	<p>Free</p>
<p>Student Success Centre Phone: 403-220-5881 Email: <a href="mailto:success@ucalgary.ca">success@ucalgary.ca</a> Location: Taylor Family Digital Library, 3rd Floor <a href="#">Website</a></p>	<p>Virtual front desk: Monday to Friday, 10 a.m. - 4 p.m. A SSC staff member will answer your questions via the chat function or by video.</p>	<ul style="list-style-type: none"> <li>- Advising support</li> <li>- Learning support programs</li> <li>Writing support programs</li> </ul>	<p>Free</p>

<b>FAITH-BASED RESOURCES</b>		
RESOURCES	SERVICE HOURS	SERVICES
<p>Catholic Family Services Phone: 403.233.2360 Email: <a href="mailto:intake@cfs-ab.org">intake@cfs-ab.org</a> <a href="mailto:info@cfs-ab.org">info@cfs-ab.org</a> Location: 250, 707 – 10 Avenue SW Calgary, AB T2R 0B3 <a href="#">Website</a> Twitter: @CFS_Calgary</p>	<p>Monday: 8:30 a.m. – 5:00 p.m. Tuesday &amp; Wednesday: 8:30 a.m. – 8:00 p.m. Thursday: 8:30 a.m. – 8:00 p.m. Friday: 8:30 a.m. – 4:30 p.m.</p>	<p>Counselling, education and community outreach programs focused on:</p> <ul style="list-style-type: none"> <li>- Mental Health and Well-being</li> <li>- Empowering Parents</li> <li>- Healthy Children Success in School</li> </ul>
<p>Hindu Society of Calgary Phone: 403-291-2551 Location: 2225 24 Ave NE, Calgary, Alberta, T2E 8M2 <a href="#">Website</a></p>	<p>Monday- Sunday 10am-1pm and 5pm-9pm</p>	<p>Religious, cultural, and social services</p>
<p>Jewish Family Service Calgary Phone: (403)-287-3510 Email: <a href="mailto:info@jfsc.org">info@jfsc.org</a> <a href="#">Website</a></p>	<p>Monday-Thursday: 8:30am-5:00pm Friday: 8:30am-2:00pm</p>	<ul style="list-style-type: none"> <li>- Older Adult Outreach and Support</li> <li>- Home Support Services</li> <li>- Basic Needs</li> <li>- Resettlement and Integration</li> <li>- Post War Support Program</li> <li>- Financial Coaching</li> <li>- Domestic Violence Support</li> <li>- Community Education</li> <li>- COVID-19 Mental Health Support Line</li> </ul>
<p>Muslim Families Network Society Phone: 403-466-6367 Email: <a href="mailto:muslimfamilysociety@yahoo.com">muslimfamilysociety@yahoo.com</a> LOCATION: #1129 3961 52 Ave NE, Calgary, Alberta, T1J 0J7 <a href="#">Website</a></p>		<p>Enhance physical, social, and spiritual wellbeing of individuals and families in Calgary</p> <ul style="list-style-type: none"> <li>- Education</li> <li>- Poverty relief</li> <li>- Social support</li> <li>- Food bank</li> <li>- Clothing and food drives</li> </ul>
<p>SIKH SOCIETY OF CALGARY Phone: 403-246-1776 Email: <a href="mailto:info@sikhsocietyofcalgary.org">info@sikhsocietyofcalgary.org</a> Location: 739 81<sup>st</sup> SW, Calgary, Alberta, T3H 4C6 <a href="#">Website</a></p>		<p>Promotes integration, participation, and community service</p>

<b>EDUCATION, TRAINING, AND WEBINARS</b>		
RESOURCES	SERVICE	COST
<p>Naloxone Training Phone: 403-210-9355 Email: <a href="mailto:staffwellness@ucalgary.ca">staffwellness@ucalgary.ca</a> <a href="#">Website</a></p>	<p>Naloxone kits are available from Staff Wellness, Student Wellness Services, and at participating pharmacies in your community. Information about recognizing and responding to an overdose and training for intermuscular injection of naloxone will be provided with the naloxone kits. Students should call to book training with a registered nurse in Student Wellness Services</p>	Free
<p>Wellness Webinar Series (Taylor Institute for Teaching and Learning and the Campus Mental Health Strategy)  <a href="#">Check out the webinars here</a></p>	<p>Evidence-based wellness webinars with practical tips for mental wellness through the COVID-19 pandemic and beyond. Topics include self-care, resilience, and emotional wellbeing.</p>	Free
<p>Wellness Services Webinars  <a href="#">Check out the webinars here</a></p>	<p>Webinars, events, training, and education virtually and on campus.</p>	Free Some may have a fee

<p style="text-align: center;"><b>MENTAL WELLNESS AND MENTAL HEALTH PROMOTION RESOURCES</b></p>		
RESOURCES	SERVICE	COST
<b>APPS- MINDFULNESS</b>		
<p>Aura</p> <p>Find the app in the App Store or Google Play.</p> <p>Find their website <a href="#">here</a>.</p>	<p>Emotional health and sleep app that provides a mood tracker, calming music, stories, guided meditation, and more.</p>	<p>Short meditation (3 minutes) and other features are free. Longer meditations are available with a paid subscription.</p> <p>Lifetime - \$399 Annual - \$59.99/year Monthly Premium - \$11.99/month</p>
<p>Calm</p> <p>Find the app in the App Store or Google Play.</p> <p>Find their website <a href="#">here</a>.</p>	<p>Mindfulness app that provides sleep stories, guided meditation, wellness classes, and guided stretches.</p>	<p>Most content is paid. Annual - first week free then \$76.99/year</p>
<p>Headspace</p> <p>Find the app in the App Store or Google Play.</p> <p>Find their website <a href="#">here</a>.</p> <p>Check out their <a href="#">youtube channel</a> for more free content.</p>	<p>Mindfulness app that provides guided meditation, breathing exercises, calming music and more.</p>	<p>Free content includes several guided meditation, breathing, and mindfulness exercises. More free content can be found on their <a href="#">youtube channel</a>.</p> <p>Paid content includes mindfulness courses, sleep music, and workouts. Annual - first 2 weeks free then \$69.99/year Monthly - first 1 week free then \$12.99/month</p>

<p>Insight timer</p> <p>Find the app in the App Store or Google Play.</p> <p>Find their website <a href="#">here</a>.</p>	<p>Mindfulness app that provides guided yoga and meditation, relaxing music, and insightful talks. Lots of free content compared to other mindfulness apps.</p>	<p>Most content is free.</p> <p>Paid content includes more courses.</p> <p>Annual - \$79/year</p>
<p><b>APPS - PHYSICAL ACTIVITY</b></p>		
<p>Downdog</p> <p>Find the app in the App Store or Google Play.</p> <p>Find their website <a href="#">here</a>.</p>	<p>Yoga app that provides a variety of guided yoga sessions, including relaxation yoga, stretching yoga, and active yoga.</p>	<p>Free for students</p>
<p>Nike Run Club</p> <p>Find the app in the App Store or Google Play.</p> <p>Find their website <a href="#">here</a>.</p>	<p>Running app that provides guided running, tracks your progress, and allows you to share your workouts with friends.</p>	<p>Free</p>
<p>Nike Training Club</p> <p>Find the app in the App Store or Google Play.</p> <p>Find their website <a href="#">here</a>.</p>	<p>Training app with a range of workout classes including yoga, cardio, strength training, and more.</p>	<p>Free</p>
<p><b>YOUTUBE CHANNELS</b></p>		
<p>Grounding</p>	<p><a href="#">5-4-3-2-1</a></p>	<p>Free</p>
<p>Guided imagery</p>	<p><a href="#">Nature Forest Beach Ocean</a></p>	<p>Free</p>
<p>Guided meditation</p>	<p><a href="#">Great meditation Michael Sealey Relax For A While</a></p>	<p>Free</p>
<p>Physical activity</p>	<p><a href="#">SELF MadFit Nike POPSUGAR fitness Group HIIT</a></p>	<p>Free</p>

Graduate Students' Association, University of Calgary  
Mental Health and Wellness Resources

Progressive muscle relaxation	<a href="#">Relax For A While Progressive Muscle Relaxation PMR</a>	Free
Yoga	<a href="#">Yoga with Adriene SarahBethYoga lululemon</a>	Free