

Helpful on- and off- campus resources for University of Calgary graduate students

Brought to you by:
GSA Mental Health and Wellness Committee

For more information, or to provide feedback, please
contact wellness.gsa@ucalgary.ca



GRADUATE
STUDENTS'
ASSOCIATION

UNIVERSITY OF CALGARY

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Resources and Supports

Helplines (24-hour)

- Distress Centre Calgary: 403-266-HELP (4357)
- Suicide Prevention Line: 1-800-SUICIDE (784-2433)
- Alberta Mental Health Helpline: 1-877-303-2642
- Addiction Helpline: 1-866-332-2322

Hospitals

[Listing of hospitals in Calgary](#)

[Foothills Medical Centre](#) is the closest hospital to the University of Calgary.

Mental Health Urgent Care

[Mental health urgent care](#) provides in-person mental health crisis assessment and psychosocial interventions.

Walk-in Counselling

[Walk-in therapy](#) on a single-session basis is offered to clients of all ages.

Student Union Wellness Centre

Students at the University of Calgary have medical, counselling, and support services covered through student fees at the [Student Union Wellness Centre](#) (403-210-9355 (WELL)).

Psychologist or Counsellor

Though [Staff Wellness](#), Graduate Assistants have additional coverage and support (including a [mental health consultant](#)). There is free short-term counselling available through [Homewood Health](#) (the Employee and Family Assistance Program).

If you would like to find a psychologist off-site, the [GSA Health Plan](#) covers the cost of a psychologist up to a max of \$400/year (you may require a doctor's referral).

Employee and Family Assistance Programs

Employee Assistance Programs provide support and resources to help employees, and their families, manage their work and personal life. They offer support in-person, on the telephone, and online. All University employees, including Graduate Assistants, have access to [Homewood Health](#).

Note: You may have additional coverage through your parent's plan if you are under 25, or through your partner's plan.

Other Resources On-Campus

[Student Accessibility Services](#)

SAS works with students to create an accessible, equitable and supportive learning environment that enhances each student's academic and personal development. SAS helps accommodate students with mental health concerns.

[Faith and Spirituality Centre](#)

The Spirituality Centre offers pastoral counselling, spiritual direction, and faith dynamics. Drop in or call for an appointment. Open to all students and alumni.

[Women's Resource Centre](#)

The Women's Resource Centre offers peer support and networking.

[Student Ombuds](#)

The Student Ombuds acts as a neutral third party, a student advocate, and guides students through policies and procedures. The Ombuds can assist with grade reappraisals, appeals of academic and non-academic violations, and other issues affecting your academic progress at the University.

[Q Centre](#)

The Q Centre is a resource centre for the lesbian, gay, bisexual, transgender, queer, intersex, asexual (LGBTQIA+) community on campus. The centre provides a safe space for those who need it while also offering resources, peer support, and volunteer opportunities.

[Native Centre](#)

The mandate of the Native Centre at the University of Calgary is to provide a culturally appropriate environment that encourages and supports the success of Aboriginal students in their pursuit of knowledge and higher education.

Off-Campus Counselling and Support

Access Mental Health

[Access Mental Health](#) provides mental health information and services options.

Addictions Support

[Adult Addiction Services](#)

[Alberta Quits Helpline](#): 1-866-710-7848 (QUIT)

[Aventa Addiction Treatment for Women](#)

[Addictions and Substance Abuse Counselling](#)

Calgary Communities Against Sexual Abuse

[Calgary Communities Against Sexual Abuse](#) offers 24-hour phone support (403-237-5888) and individual limited-term counselling.

Calgary Counselling Centre

[Calgary Counselling Centre](#) offers counselling (individual, couple, and family) on a sliding scale fee, as well as various workshops.

Calgary Emergency Women's Shelter

[Calgary Emergency Women's Shelter](#) Intended for those experiencing spousal or family violence and provides emergency shelter, safety planning, counselling, and court support.

Canadian Mental Health Association, Calgary

The [Canadian Mental Health Association](#) provides support in various domains: counseling, suicide bereavement, support for families of those with addictions or mental health issues.

Catholic Family Services

[Catholic Family Services](#) provides affordable counselling and support for people of all ages, faiths, and cultures, with a focus on the poor and working poor.

Distress Centre Calgary

[Distress Centre Calgary](#) provides a 24-hour hotline (403-266-4357 (HELP)). Online chat is available from 5pm - 10pm daily and is accessed in the top right corner of their [homepage](#).

Elements Calgary Mental Health Centre

[Elements Calgary Mental Health Centre](#) provides client-centered, flexible services promoting the abilities of adults with a mental illness. This is accomplished through our skill development, support counselling and social/recreational programs. Topics of [programs](#)

[offered](#) include: art, life skills, occupational and leisure skills, and mental health support groups.

Grief Support Program

The [Grief Support Program](#) offers grief counselling to adults 18 and older who have faced the death of a loved one. The program offers individual and group services. There is no cost for grief services.

Health Link Alberta

[Health Link Alberta](#) provides 24-hour access to nurse advice and health information.

Indigenous Mental Health

The [Indigenous Mental Health Program](#) provides Indigenous people, including First Nations (Status and Non-Status) Métis, and Inuit, with mental health support in through holistic and traditional healing.

Jewish Family Service

[Jewish Family Service](#) provides counselling to people of all faiths and cultures on a sliding scale fee based on income.

Men's Counselling Service

[Men's Counselling Service](#) individual and group counselling for men who are concerned that their anger and abusive behaviours are negatively impacting their family members.

YWCA

[YWCA Calgary](#) provides many kinds of support, including individual, group and family counselling, and a 24-hour emergency line (403-266-0707).

Other Off-Campus Resources

Family Resources

[Family Violence Information Line](#)

Financial Assistance (Temporary)

[Alberta Works](#)

[Canadian Red Cross, Calgary](#)

Food Security

[Alberta Food Bank Network Association](#)

[Calgary Inter-Faith Food Bank](#)

[Student Union Food Bank](#)

Housing

[Calgary Housing Company](#)

[Canadian Red Cross, Calgary](#)

Free Online Resources & Apps

[Antidepressant Skills Workbook \(ASW\)](#)

Available in the following languages:
English, French, Punjabi, Chinese, Vietnamese, Farsi.

[7 Cups](#)

Free, anonymous and confidential online text chat with trained listeners, online therapists & counselors.

[ACT Coach](#)

ACT Coach teaches users how to tolerate negative thoughts and feelings by virtually guiding them through awareness exercises and giving tips on how to ditch self-doubt.

With an extra focus on mindfulness this app also provides a log to track your progress. (Free; [iOS](#))

[PTSD Coach](#)

If you suffer from PTSD symptoms, this 24-hour tool that's linked directly with support services is a valuable thing to download. Available as an app or on the Web, PTSD Coach lets users select the specific issue they want to deal with (from anxiety and anger to [insomnia](#) and alienation), and then gives them guidance on how to lift their mood, shift their mindset, and reduce stress. (Free; [iOS](#) and [Android](#))

[Stop, Breathe, Think!](#)

Got five minutes? That's enough time to cultivate mindfulness, which can improve your mood, lower stress, and help you feel more compassion toward yourself and the world. Skeptical? Well, consider that mindfulness and happiness tend to go hand-in-hand. And as added incentive, this app can also improve your focus. (Free; [iOS](#) and [Android](#))

[Happify](#)

Want to kick negative thoughts, nix worry, and dial down stress? The array of engaging games, activity suggestions, and gratitude prompts makes Happify a useful shortcut to a good mood. Designed with input from 18 health and happiness experts, Happify's positive mood-training program is psychologist approved. Even cooler? Its website links to bonus videos that are sure to make you smile. (Free; [iOS](#))

[Virtual Hope Box](#)

Patients can use the VHB to store a variety of rich multimedia content that they find personally supportive in times of need. For example, a patient can include family photos, videos and recorded messages from loved ones, inspirational quotes, music they find especially soothing, reminders of previous successes, positive life experiences and future aspirations, and affirmations of their worth in their VHB. A patient can also collaborate with their provider to create coping cards to use in response to personal problem areas they experience. Finally, the VHB provides the patient with positive activity planning, distraction tools, and interactive relaxation exercises including guided imagery, controlled breathing and muscle relaxation.