Mental Health Resources – Edmonton  
(Updated January 2020)

**EMERGENCIES**

**Suicide Helpline**

If a person is thinking about killing themselves now or have done something already:

- Call the 1-800-SUICIDE Helpline ([1-800-784-2433](tel:1-800-784-2433))
- If they feel that they cannot keep themselves safe, call 911, or call University of Alberta Protective Services ([780-492-5050](tel:780-492-5050)), or have them go the nearest emergency room

**Suicide Prevention Helpline**

1-800-273-TALK

- The Jed Foundation operates a 24-hour, anonymous suicide prevention helpline for all post-secondary students in Canada.
- Suicide prevention resources through their online portal: [www.ulifeline.org](http://www.ulifeline.org)

**Distress Line**

780-482-4357 (HELP)

- The 24-hours Distress Line is available 7 days a week
- Also have [online crisis chat](http://example.com) during limited hours
- Provides confidential, non-judgmental and short-term crisis intervention, emotional support and resources to people in crisis or distress. They also support family, friends and caregivers of people in crisis.

**SERVICES**

**In-house Support**

Merna Schmidt, Faculty of Rehabilitation Medicine’s Wellness Coordinator, is available for one-on-one sessions for students, faculty and staff. To make a confidential appointment, email wellnessfrm@ualberta.ca
ACCESS Outreach Team

https://www.ualberta.ca/current-students/access-outreach

Location
289 Central Academic Building (CAB)

Phone: 780-492-6272

Hours
Monday to Friday, 8:30 am – 4:30 pm. For specific hours on when drop-in support, outreach, and tutoring are available, please check their website.

Email: doshelp@ualberta.ca

The ACCESS Outreach Team is composed of student affairs generalists, community brokers, and a team of math and writing tutors. In addition to helping individuals navigate services and supports and to make referrals to student services where necessary, they also provide short-term mental health support with their community brokers in an informal, drop-in fashion. Also, their tutors are available to provide drop-in/on-the-spot academic support for foundational concepts in math and writing.

Counseling & Clinical Services

https://www.ualberta.ca/current-students/counselling

Location
2-600 Students' Union Building (SUB), next to the Myer Horowitz

Phone: 780-492-5205

Hours
Monday, Thursday & Friday - 8:00 a.m. – 4:30 p.m.
Tuesday and Wednesday - 8:00 a.m. – 7:00 p.m.

Students are provided with professional psychological therapy and treatment emphasizing a shorter-term model. Students are assisted with a wide range of mental health and life concerns. Therapy can be individual, relationship, or family.

Faculty and staff services include consultations regarding students of concern, diffusion, presentations, and workshops.

NOTE: Due to volume, students are often referred to other services.
HIAR (Helping Individuals at Risk Program)

Location
300 Campus Tower, 8625-112 Street

Phone: 780-492-4372

Email: hiaru@ualberta.ca

Hours
Monday – Friday - 8:30 a.m. – 4:30 p.m.

HIAR is a confidential, centralized resource for ALL members of the campus community (students, staff, faculty) to report worrisome behaviours or concerns about individuals at risk of harming themselves or others. The HIAR program helps connect individuals to supports before situations escalate. The staff offer guidance on next steps in cases regarding individuals at risk and can assist with assessing risk.

Interfaith Chaplains’ Association

https://www.ualberta.ca/current-students/interfaith-chaplains/

Location
3-02 Students’ Union Building (SUB) and 169 HUB (lower level of HUB)

Phone: 780-492-0339

Every chaplain is professionally trained, and provides:
• spiritual guidance, care, and support to any student, staff, or faculty (whether or not they identify with a particular faith)
• information and referrals regarding religious groups and activities on campus
• support during significant rites of passage

Psychologists – U of A Graduate Students’ Association

http://studentcare.ca/rte/en/UniversityofAlbertaGraduateStudentsGSA_Health_HealthCoverage_HealthPractitioners_Psychologists

Health Benefits
The Plan covers up to 80% of the cost of a psychologist. The maximum is $600 per policy year.

Studentcare has partnered with PsyVitaliti to create the Studentcare Psychology Network, a group of psychologists who offer their services to students via secure online video conferencing at a preferred
rate. Students may also visit a psychologist at PsyVitaliti’s downtown Edmonton office for in-person consultations.

Students are NOT limited to Studentcare Network members. They are covered for the insured portion of the Plan regardless of the health professional chosen. By visiting a Studentcare Network member, they’ll get additional coverage.

**Peer Support**

https://www.su.ualberta.ca/services/psc/

Location

2-707 Students' Union Building (SUB)

Phone: 780-492-4357 (HELP)

Hours - Monday to Friday
Spring/Summer: 9 am – 5 pm
Fall/Winter: 9 am – 8 pm
Exam Week: 10 am – 6 pm

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. Their trained volunteers offer peer support, crisis management, information and resources, as well as a safe and confidential place to talk. Drop in, call, or book an appointment online.

**Sexual Assault Centre**

https://www.ualberta.ca/current-students/sexual-assault-centre

Location

2-705 Students' Union Building (SUB)

Phone: 780-492-9771

Email: sexualassaultcentre@ualberta.ca

Hours

Monday to Friday, 9 am – 5 pm (evening hours based on volunteer availability). For after-hours crisis support, call the 24-hour Sexual Assault Crisis Line (Sexual Assault Centre of Edmonton) at 780-423-4121.

The University of Alberta Sexual Assault Centre provides a safe place on campus where unconditional support, confidentiality, respect, and advocacy are available for those affected by sexual assault, sexual harassment, relationship violence, and stalking. Drop-in, telephone or email support.
**Therapy Groups**

[https://www.ualberta.ca/current-students/counselling/group-therapy](https://www.ualberta.ca/current-students/counselling/group-therapy)

**Location**
2-600 Students' Union Building (SUB)

**Phone:** 780-492-5205

Groups meet regularly and offer a supportive and safe environment to learn strategies to overcome psychological challenges.

To see group topics and meeting times, go to their [website](https://www.ualberta.ca/current-students/counselling/group-therapy). Call 780-492-5205 or visit in person (2-600 SUB) to express your interest in joining a group (initial consultation and one-time fee of $20 required).

**Unitea**

[https://www.ualberta.ca/community-social-work/unitea](https://www.ualberta.ca/community-social-work/unitea)

**Email:** unitea@ualberta.ca

Unitea connects students with trained Unitea student hosts to engage in conversation over a free cup of tea or coffee. The program is available for students at both North and Augustana campuses. Students sign up [online](https://www.ualberta.ca/community-social-work/unitea) for a tea time.

**University of Alberta Hospital Adult Psychiatry Outpatient Department**


**Location**
University of Alberta Hospital, 8440 112 Street

**Phone:** 780-407-6501

The Psychiatric Treatment clinic specializes in psychotherapy, largely in groups, to address a range of mental health concerns. Self-referrals accepted by phoning clinic. Clinic hours are Monday to Friday, 8:30 am to 4:30 pm.

**External Supports**

**Canadian Mental Health Association**
dropinyeg.ca

Location

various throughout the city

Phone: 780-757-0900
Email: info@familycentre.org

Hours

Varies depending on location – consult website or call 211 for locations and times

FREE drop-in psychological counselling services provided by Intern Therapists who are completing their Masters or PhD in therapy or other counselling areas.

Momentum Walk-in Counselling

https://www.momentumcounselling.org/

Location

5241 Calgary Trail NW, Suite 706

Phone: 780-757-0900

Hours

Monday to Wednesday 10am - 7pm; Thursday 10am - 5pm; Friday 10am - 2pm
Saturday and Sunday – Closed

Momentum is a mental health triage centre, helping individuals who cannot pay for or wait for aid through the traditional health care system. Momentum is a walk-in centre staffed by a team of volunteer, Registered Health Professionals who collaborate to provide clients Solution Focused Therapy solutions. Also have drop-in groups, including ‘Coping With Anxiety & Depression’ Wednesday evenings, 5-7 pm.

YWCA Edmonton

https://www.ywcaofedmonton.org/programs-and-services/counselling-centre/

Location

Empire Building, #400, 10080 Jasper Avenue

Phone: 780-970-6501
Email: counselling@ywcaedm.org

Hours
Monday to Friday 9am - 5pm (closed noon – 1 pm for lunch); Tuesday & Thursday 5 – 8 pm (by appointment only)
Saturday, Sunday & Statutory holidays – Closed

Affordable individual and group counselling for everyone, (sliding scale of $5 - $200 for 50-minute session). No one turned away, even for those who cannot pay.

**RESOURCES**

211 Alberta

Dial 2-1-1 to speak to an Information & Referral specialist, or search their online community resource directory, or chat online from 12-8 pm daily to search for information on:

- Mental health support
- Food assistance & meal programs
- Financial & social assistance
- Government program assistance
- Parenting & family programs
- and much more…

Free Drop-in Workshops

https://www.ualberta.ca/current-students/counselling/workshops

Free of charge and require no registration. All U of A students, faculty and staff are welcome to attend. Casual, one-time events that give you a chance to learn about a mental health topic while interacting with a psychologist (or intern) and your peers. Workshops focus on common psychological concerns like depression, anxiety, relationship break ups, cross-cultural adjustment, grief, disordered eating, sleeping problems and others.

Online Information

Anxiety
https://www.ualberta.ca/current-students/wellness/mental-health/anxiety

Bullying, Loss and Grief, Self-Injury
https://foundrybc.ca/info-tools/tough-topics/

Depression & Grief
https://www.ualberta.ca/current-students/wellness/mental-health/depression-grief
Mindfulness
https://foundrybc.ca/resource/mindfulness/

Romantic Relationship Issues
https://www.ualberta.ca/current-students/wellness/mental-health/romantic-relationships

Self-image & Self-improvement
https://www.ualberta.ca/current-students/wellness/mental-health/image-and-improvement

Sleep
https://foundrybc.ca/resource/sleep/

Stress & Balance (perfectionism, sleep and procrastination)
https://www.ualberta.ca/current-students/wellness/mental-health/stress-balance

Suicide
https://foundrybc.ca/resource/suicide/
Includes what to do if you are thinking of killing yourself, how to know if someone else is thinking of suicide, how to talk about suicide, and how to cope if someone you know died by suicide.

Other Campus Resources
Link to other campus resources, such as food bank, pharmacy, ombudservice, recreation, career services, etc.:

https://www.su.ualberta.ca/services/psc/resources/campus/

ASSESSMENTS

Questionnaires

Depression
https://psyvitaliti.ca/depression-quiz/

Anxiety
https://psyvitaliti.ca/anxiety-quiz/
Online and anonymous to assess level of depression or anxiety. Can provide name and email address to access free resources.

Mental Health America’s screening tools of the most common mental health issues:
https://screening.mentalhealthamerica.net/screening-tools