

# What to Expect at a Consult

Thanks for booking a consult at Counselling & Clinical Services (CCS).  
This package will tell you what to expect and how to prepare.

We've also included many resources for you.

- Information on CCS services
- Referral information for other services
- Self-help tips, handouts, websites and apps

All of this information can be discussed at your consult.

## What it looks like

A consult is a 30-40 minute meeting with a mental health clinician where you share your main reason for seeking help and your related goals or hopes.

The clinician will ask you specific questions to better understand your concerns.

Together you will create a short plan of helpful strategies. You'll be able to write it down so you can refer to your plan after the consult.

## How to prepare

Ahead of your consult it can be helpful to write down:

- Your main concerns
- Any steps you've already tried
- What you are hoping to get from the consult
- Any questions you may have

## Potential outcomes

A consult may be all some students need.

For others, the clinician may suggest additional help which could include:

- Services through Counselling & Clinical Services
- Other on-campus services
- Referrals to mental health services in the community

# Counselling & Clinical Services

Psychological and Psychiatric Services for U of A Students

## Workshops

Workshops are casual, one-time events that teach practical and realistic strategies to deal with a particular mental health topic.

[ualberta.ca/current-students/counselling/workshops](http://ualberta.ca/current-students/counselling/workshops)

## Therapy

Our psychologists help with a wide range of mental health and life concerns through individual and group therapy.

[ualberta.ca/current-students/counselling/about-us/about-counselling](http://ualberta.ca/current-students/counselling/about-us/about-counselling)

## Psychiatry

Our psychiatrists work from a medical model to provide treatment primarily through assessment, diagnosis and medication.

## Referrals

CCS works on a short-term model to support as many students as possible, but unfortunately we can't provide ongoing service to every student who seeks help.

We often refer students to other services, many of which are described in this package.

You also have health care benefits that can cover partial or full costs of other services.

Check out the links are below or check if you're covered by a parent or partner:

### **Undergraduate & Graduate Student Health Plan:**

[studentcare.ca](http://studentcare.ca)

### **Graduate Student Assistance Plan:**

[ualberta.ca/graduate-students-association/services/graduate-student-assistance-program](http://ualberta.ca/graduate-students-association/services/graduate-student-assistance-program)

# On-Campus Services

## EMOTIONAL / SOCIAL SUPPORT

### PEER SUPPORT CENTRE

Confidential, non-judgmental place  
to talk to someone for support.

Help Line: 780.492.HELP

[su.ualberta.ca/services/psc/](https://su.ualberta.ca/services/psc/)

## ACADEMIC / CAREER SUPPORT

### ACADEMIC SUCCESS CENTRE

Strengthen your academic skills.  
Fees start at \$25.

780.492.2682

[ualberta.ca/current-students/  
academic-success-centre](https://ualberta.ca/current-students/academic-success-centre)

## BASIC NEEDS

### UNIVERSITY HEALTH CENTRE

Comprehensive health care  
services.

780.492.2612

[ualberta.ca/services/health-centre](https://ualberta.ca/services/health-centre)

### SEXUAL ASSAULT CENTRE

Confidential support for sexual  
assault, harassment, relationship  
violence, and stalking.

780.492.9771

[ualberta.ca/current-students/  
sexual-assault-centre](https://ualberta.ca/current-students/sexual-assault-centre)

### ACCESSIBILITY RESOURCES

Resources and supports for those  
with documented disabilities.

780.492.3381

[https://www.ualberta.ca/current-  
students/accessibility-resources](https://www.ualberta.ca/current-students/accessibility-resources)

### STUDENT CONNECT

Financial guidance and support.

780.492.3113

[ualberta.ca/registrar](https://ualberta.ca/registrar)

### THE LANDING

Support for gender and sexual  
diversity.

780.492.4949

[thelandingualberta.ca](https://thelandingualberta.ca)

### CAREER CENTRE

Explore career options and  
develop career management skills.

780.492.4291

[ualberta.ca/career-centre](https://ualberta.ca/career-centre)

### CAMPUS FOOD BANK

Free food hamper services.

780.492.8677

[campusfoodbank.com](https://campusfoodbank.com)

# Community Counselling

## FREE SINGLE SESSIONS

### DROP IN YEG

Drop-in single session counselling in various locations.

- Phone: 211 •
- [dropinyeg.ca](http://dropinyeg.ca) •

### MOMENTUM COUNSELLING

Walk-in single session counselling.

- 780.757.0900 •
- 706, 5241 Calgary Trail •
- [momentumcounselling.org](http://momentumcounselling.org)

## FREE SHORT TERM COUNSELLING

### HOMEWOOD HEALTH

Counselling services for graduate students through GSAP.

- 780.428.7587 •
- College Plaza | 8215 112 St •
- [homewoodhealth.com/health](http://homewoodhealth.com/health) •

### CITY OF EDMONTON INDIVIDUAL & FAMILY

Supportive counselling and groups at five locations.

- 780.496.4777 •
- [edmonton.ca/familysupport](http://edmonton.ca/familysupport) •

### PRIMARY CARE NETWORKS

Numerous clinics providing counselling, group therapy and psychiatry consults.

- [pcnpmo.ca](http://pcnpmo.ca) •

## LOWER COST COUNSELLING

### CLINICAL SERVICES

On campus counselling provided by student clinicians.

- 780.492.3746 •
- [ualberta.ca/educational-psychology/centres-and-institutes/clinical-services](http://ualberta.ca/educational-psychology/centres-and-institutes/clinical-services) •

### YWCA COUNSELLING CENTRE

Ongoing counselling and group therapy.

- 780.970.6501 •
- 400, 10080 Jasper Ave •
- [ywcaofedmonton.org/programs-and-services/counselling-centre](http://ywcaofedmonton.org/programs-and-services/counselling-centre) •

### THE FAMILY CENTRE

Goal-oriented counselling and groups.

- 780.424.6103 •
- 20, 9912 106 St •
- [the-family-centre.com](http://the-family-centre.com) •

For more options visit [ualberta.ca/current-students/counselling/resources](http://ualberta.ca/current-students/counselling/resources)

# Self-Help

## Resources to Improve Your Well-Being

### CCS Handouts

Read our handouts on a variety of common mental health concerns and learn coping skills and strategies.

[ualberta.ca/current-students/counselling/resources](http://ualberta.ca/current-students/counselling/resources)

### General Self-Help

Find specific information on various problems and related worksheets.

- [cci.health.wa.gov.au](http://cci.health.wa.gov.au) •
- [heretohelp.bc.ca](http://heretohelp.bc.ca) •
- [getselfhelp.co.uk](http://getselfhelp.co.uk) •
- [anxietycanada.com](http://anxietycanada.com) •

### Wellness App

Learn to cope with stress, anxiety and depression with an interactive app for students.

[ualberta.welltrack.com](http://ualberta.welltrack.com)

### Meditation Apps

Try guided meditation as short as one minute to help with stress, anxiety and mood.

- [Insight Timer](#) •
- [Calm](#) •
- [Headspace](#) •

# Dealing with Distress

When things feel unbearable or hopeless we just want distress to stop. Reaching out for support and using intentional strategies can help you get through intense distress in a healthy way.

## Re-direct

### Activities

Do something active (chores, walk, hobbies).

### Contributing

Do something for others.

### Comparisons

Think of when you made it through something worse.

### Emotions

Act opposite to how you feel.  
Sad? Watch a funny movie.  
Tired? Move.

### Push Away

Visualize negative thoughts or emotions floating away.

### Thoughts

Busy your mind. Try crosswords, Sudoku or count backwards by fives.

### Sensations

Powerful sensations can distract. Take a hot bath, hold ice cubes, eat something sour.

## Self-Soothe

Find pleasurable ways to engage your five senses.

### Sight

Pay attention to colors around you or look at photos you like.

### Sound

Listen to your favorite song, or go outside and listen to nature.

### Touch

Take a warm bath, put on fuzzy socks or a cozy sweater.

### Taste

Eat a small tasty treat, have mints or chew gum.

### Smell

Smell the air, light a scented candle, or use essential oils.

## Supports

### Social Supports

Talk to someone you trust such as a friend or family member.

### Distress Line

If in crisis you can call 24/7 for anonymous, confidential support.

780.482.HELP (4357)  
1-800-932-7288

To chat online visit:

[edmonton.cmha.ca/online-crisis-chat/](https://edmonton.cmha.ca/online-crisis-chat/)

### Urgent Services

If in crisis you can call 24/7 for intervention, assessment and stabilization services.

780.342.7777

### Emergency Room

Anyone at imminent risk of harm to themselves or others can call 911 or go to the ER.