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

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

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

Graduate Student Assistance Plan:

ualberta.ca/graduate-students-association/services/graduate-student-assistance-program
<table>
<thead>
<tr>
<th>On-Campus Services</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>EMOTIONAL / SOCIAL SUPPORT</strong></td>
</tr>
<tr>
<td><strong>PEER SUPPORT CENTRE</strong></td>
</tr>
<tr>
<td>Confidential, non-judgmental place to talk to someone for support.</td>
</tr>
<tr>
<td>Help Line: 780.492.HELP</td>
</tr>
<tr>
<td>su.ualberta.ca/services/psc/</td>
</tr>
<tr>
<td><strong>SEXUAL ASSAULT CENTRE</strong></td>
</tr>
<tr>
<td>Confidential support for sexual assault, harassment, relationship violence, and stalking.</td>
</tr>
<tr>
<td>780.492.9771</td>
</tr>
<tr>
<td>ualberta.ca/current-students/sexual-assault-centre</td>
</tr>
<tr>
<td><strong>THE LANDING</strong></td>
</tr>
<tr>
<td>Support for gender and sexual diversity.</td>
</tr>
<tr>
<td>780.492.4949</td>
</tr>
<tr>
<td>thelandingualberta.ca</td>
</tr>
<tr>
<td><strong>ACADEMIC / CAREER SUPPORT</strong></td>
</tr>
<tr>
<td><strong>ACADEMIC SUCCESS CENTRE</strong></td>
</tr>
<tr>
<td>Strengthen your academic skills. Fees start at $25.</td>
</tr>
<tr>
<td>780.492.2682</td>
</tr>
<tr>
<td>ualberta.ca/current-students/academic-success-centre</td>
</tr>
<tr>
<td><strong>ACCESSIBILITY RESOURCES</strong></td>
</tr>
<tr>
<td>Resources and supports for those with documented disabilities.</td>
</tr>
<tr>
<td>780.492.3381</td>
</tr>
<tr>
<td><a href="https://www.ualberta.ca/current-students/accessibility-resources">https://www.ualberta.ca/current-students/accessibility-resources</a></td>
</tr>
<tr>
<td><strong>CAREER CENTRE</strong></td>
</tr>
<tr>
<td>Explore career options and develop career management skills.</td>
</tr>
<tr>
<td>780.492.4291</td>
</tr>
<tr>
<td>ualberta.ca/career-centre</td>
</tr>
<tr>
<td><strong>ACADEMIC SUPPORT CENTRE</strong></td>
</tr>
<tr>
<td><strong>UNIVERSITY HEALTH CENTRE</strong></td>
</tr>
<tr>
<td>Comprehensive health care services.</td>
</tr>
<tr>
<td>780.492.2612</td>
</tr>
<tr>
<td>ualberta.ca/services/health-centre</td>
</tr>
<tr>
<td><strong>STUDENT CONNECT</strong></td>
</tr>
<tr>
<td>Financial guidance and support.</td>
</tr>
<tr>
<td>780.492.3113</td>
</tr>
<tr>
<td>ualberta.ca/registrar</td>
</tr>
<tr>
<td><strong>CAMPUS FOOD BANK</strong></td>
</tr>
<tr>
<td>Free food hamper services.</td>
</tr>
<tr>
<td>780.492.8677</td>
</tr>
<tr>
<td>campusfoodbank.com</td>
</tr>
<tr>
<td><strong>BASIC NEEDS</strong></td>
</tr>
<tr>
<td><strong>UNIVERSITY FOOD CENTRE</strong></td>
</tr>
<tr>
<td>Confidential, non-judgmental place to talk to someone for support.</td>
</tr>
<tr>
<td>Help Line: 780.492.HELP</td>
</tr>
<tr>
<td>su.ualberta.ca/services/psc/</td>
</tr>
<tr>
<td><strong>STUDENT CONNECT</strong></td>
</tr>
<tr>
<td>Financial guidance and support.</td>
</tr>
<tr>
<td>780.492.3113</td>
</tr>
<tr>
<td>ualberta.ca/registrar</td>
</tr>
<tr>
<td><strong>CAMPUS FOOD BANK</strong></td>
</tr>
<tr>
<td>Free food hamper services.</td>
</tr>
<tr>
<td>780.492.8677</td>
</tr>
<tr>
<td>campusfoodbank.com</td>
</tr>
</tbody>
</table>
# Community Counselling

## FREE SINGLE SESSIONS

### DROP IN YEG
Drop-in single session counselling in various locations.
- Phone: 211
- [dropinyeg.ca](http://dropinyeg.ca)

## FREE SHORT TERM COUNSELLING

### HOMEWOOD HEALTH
Counselling services for graduate students through GSAP.
- Phone: 780.428.7587
- College Plaza | 8215 112 St
- [homewoodhealth.com/health](http://homewoodhealth.com/health)

### MOMENTUM COUNSELLING
Walk-in single session counselling.
- 780.757.0900
- 706, 5241 Calgary Trail
- [momentumcounselling.org](http://momentumcounselling.org)

## 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)

### 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.
- [pcnpho.ca](http://pcnpho.ca)

### THE FAMILY CENTRE
Goal-oriented counselling and groups.
- 780.424.6103
- 20, 9912 106 St
- [the-family-centre.com](http://the-family-centre.com)

### 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)

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

**General Self-Help**
Find specific information on various problems and related worksheets.

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

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

[ualberta.welltrack.com](ualberta.welltrack.com)

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

- [Insight Timer](Insight.Timer)
- [Calm](Calm)
- [Headspace](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/

**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.