

## STUDENT HEALTH PLANS

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### Undergraduate Student Health Plan & Graduate Students Health Plan

The STUDENTCARE health plans for both graduate and undergraduate students at the University of Alberta pays 80% of the cost for a psychologist or social worker visit, up to \$800 per year.

#### Undergraduate Student Health Plan:

[http://www.studentcare.ca/rte/en/IHaveAPlan\\_UniversityofAlbertaUndergraduateStudentsSU\\_Home](http://www.studentcare.ca/rte/en/IHaveAPlan_UniversityofAlbertaUndergraduateStudentsSU_Home)

#### Graduate Student Health Plan:

<https://gsa-ualberta.ca/programs-services/health-and-dental-plan/>

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### Undergraduate Student Health Plan: Empower Me

- Accessible to all students who are enrolled in the **SU Comprehensive Care or Basic Care Health and/or Dental Plan**.
- Empower Me is a confidential mental health support service available 24/7, 365 days/year.
- Sessions are accessed virtually. To access, create an account on the Dialogue mobile app or through their website:  
<https://www.dialogue.co/en/members/studentcare>
- Empower Me has a number of professionals with various domains of expertise, including mental health, family and relationships, career counselling, financial planning, and more, to support you and respond effectively to diverse needs.

[https://www.studentcare.ca/rte/en/IHaveAPlan\\_UniversityofAlbertaUndergraduateStudentsSU\\_EmpowerMe\\_EmpowerMe](https://www.studentcare.ca/rte/en/IHaveAPlan_UniversityofAlbertaUndergraduateStudentsSU_EmpowerMe_EmpowerMe)

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### Graduate Student Assistance Program: Homewood Health

1-800-663-1142 (24-hour intake)

- Accessible to all graduate students at the University of Alberta.
- Confidential professional counselling for a broad range of personal problems. Several other lifestyle, career, and health-related services also available.
- What you can expect when you call:  
<https://www.ualberta.ca/en/human-resources-health-safety-environment/media-library/health-and-wellbeing/efap/what-to-expect-when-you-call.pdf>

<https://gsa-ualberta.ca/programs-services/graduate-student-assistance-program/>

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### Your Own Health Plan

Counselling may be covered under your or a family member's EAP (employee assistance program) health plan. For more information, explore the coverage details of the plan.

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## HELPLINES, CRISIS SUPPORT, & SPECIALIZED SERVICES

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**In case of life threatening emergencies, please call 911 or proceed directly to the Emergency Department of the nearest hospital.**

### 211 Edmonton

211 or 780-482-4636

[www.ab.211.ca](http://www.ab.211.ca)

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### Health Link

811

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## 9-8-8 Suicide Crisis Helpline

Call or Text 988

<https://988.ca/>

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## Hope For Wellness Helpline

1-855-242-3310

Available 24/7 to all Indigenous people across Canada.

<https://www.hopeforwellness.ca/>

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## Trans Lifeline

1-877-330-6366

Peer support phone service run by trans people for trans and questioning peers.

<https://translifeline.org/>

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## BriteLine

780-482-4357 (HELP)

24/7 helpline dedicated to supporting people in Edmonton's 2SLGBTQIA+ community.

<https://briteline.ca/>

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## Distress Line, The Support Network

780-482-4357 (HELP)

Confidential listening and support for those in crisis or distress.

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## Addiction & Mental Health Access 24/7

780-424-2424

13211 Fort Rd NW

Access 24/7 is a single point of access to adult addiction and mental health community based programs. They provide a range of urgent and non-urgent addiction and mental health services including service navigation, screening, assessment, referral, consultation, crisis intervention, outreach and short term stabilization. Open 24/7 and clients can access services in person or over the phone.

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## Sexual Assault Centre of Edmonton

780-423-4121

For survivors (and their families) of past and current sexual assault and sexual abuse.

[www.sace.ca](http://www.sace.ca)

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## Edmonton Women's Shelter (WIN House)

780-479-0058

For women who are abused or under the threat of abuse.

[www.winhouse.org](http://www.winhouse.org)

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## Lurana Shelter

780-424-5875

For women with or without children and are victims of domestic violence or threat of abuse.

[www.cssalberta.ca/Our-Services/Domestic-Abuse-Shelters-Support/Lurana-Shelter](http://www.cssalberta.ca/Our-Services/Domestic-Abuse-Shelters-Support/Lurana-Shelter)

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## SLIDING SCALE / REDUCED COST COUNSELLING

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### Faculty of Education Clinical Services, University of Alberta

780-492-3746

Education North, 1-135

Offers various testing and counselling services to individuals, families, and couples by graduate students in counselling. \$15 per session for post-secondary students. \$30 per session for general public.

\*Open September - April only.

[www.ualberta.ca/educational-psychology/clinical-services/index.html](http://www.ualberta.ca/educational-psychology/clinical-services/index.html)

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### YWCA

780-970-6501

10402 124 Street NW

Offer individual counseling, with experience in various areas including: complex trauma, domestic violence, eating disorders, addictions, anxiety and EMDR. Sliding scale \$5-\$200 dependent on individual's income.

[www.ywcaofedmonton.org/programs-and-services/counselling-centre](http://www.ywcaofedmonton.org/programs-and-services/counselling-centre)

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### Community Counselling Centre

780-482-3711

#202, 10534 124 Street NW

Offers a relational approach to counselling for adults, children, couples, families and groups. Sliding Scale (\$35- 170).

[www.communitycounsellingcentre.ca](http://www.communitycounsellingcentre.ca)

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### Cornerstone Counselling Centre

780-482-6215

#400, 10230 142 Street NW

Both faith-based and secular services aimed at promoting wholeness of life through counselling, education, assessment, and training. Accepts insurance. Sliding Scale (\$70-170 for income < \$100k/year; \$20-50 with a practicum student for income < \$50k/year).

[www.cornerstonecounselling.com](http://www.cornerstonecounselling.com)

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### The Family Centre

780-306-0883

#20, 9912 106 Street NW

Provides counselling, various in-home support services, and group programs to families, couples, and individuals. No fee for the first session. \$180 after first session - subsidized counselling is available.

[www.familycentre.org/counselling](http://www.familycentre.org/counselling)

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### Momentum Counselling

780-757-0900

#132, 6325 Gateway Blvd

Single session, sliding scale counseling. An appropriate service for those looking for strategies that can be used to problem solve or help cope with a stressful situation, or for those who want to simply be listened to with understanding and without judgment. The service takes about 2 hours and follow up sessions may be offered on a short term basis. Sliding scale (\$40-\$200) is dependent on individual's monthly income.

[www.momentumcounselling.org](http://www.momentumcounselling.org)

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### Drop-In YEG

780-423-2831

Offers FREE drop-in single session counselling services provided by Intern Therapists who are completing their Masters or PhD. Offers individual, partners and family therapy, and includes referrals to additional services if necessary. Availability at specific locations and dates can be found on their website.

[www.dropinyeg.ca](http://www.dropinyeg.ca)

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### Kickstand Connect

FREE virtual walk-in clinic for 11-25 year olds in Alberta offering single-session and short-term mental health and substance use counselling. Also offers groups and workshops, as well as peer and employment support. Appointments are booked on their website.

[www.mykickstand.ca/connect](http://www.mykickstand.ca/connect)

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## REFERRAL SERVICES

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### Psychologists' Association of Alberta (PAA) Referral Service

780-424-0294

Therapists who offer discounted rates for students can be searched through the PAA online referral service.

<https://findhelp.paa-ab.ca/>

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### Affordable Therapy Network

A directory of therapists offering low cost and sliding scale counselling across Canada.

<https://affordabletherapy.com/edmonton/>

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## 2SLGBTQIA+ RESOURCES

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### The Fyrefly Institute for Gender and Sexual Diversity

780-492-0772      7-104 Education North Building

Programs focus on community outreach, creating affirming spaces, and educational advancement specifically for the 2SLGBTQ+ community.

[www.ualberta.ca/fyrefly-institute/index.html](http://www.ualberta.ca/fyrefly-institute/index.html)

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### Pride Centre of Edmonton

780-488-3234      10618 105 Avenue NW

Provides a space where people of all attractions, identities, and expressions can be themselves. Offers drop-in single session counselling and resource referrals. No fee.

[www.pridecentreofedmonton.ca](http://www.pridecentreofedmonton.ca)

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### The Landing

780-492-4949

0-68A SUB

The Landing is a Students' Union service at the University of Alberta main campus that offer support for 2SLGBTQ+ students. Offers drop-in hours, peer-support services, education sessions, and more.

[www.su.ualberta.ca/services/thelanding](http://www.su.ualberta.ca/services/thelanding)

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### Edmonton 2 Spirit Society

587-689-7042

#106, 6770 129 Ave NW

Provide social, health, and/or cultural programs and services primarily for 2Spirit, IndigiQueer and/or Indigenous LGBTQIA+ communities.

<https://e2s.ca/>

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## UNIVERSITY OF ALBERTA SERVICES

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### U of A Student Services are here to support you!

Please refer to <https://www.ualberta.ca/campus-life/health-wellness-services.html> to learn about how students are being supported across campus.

For students living outside of Alberta, please review <https://www.ualberta.ca/en/campus-life/health-wellness/students-living-outside-alberta.html>.

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### University of Health Centre

780-492-2612

2-200 SUB

Walk-in health clinic open to students, their immediate family members, academic and non-academic staff. Virtual and in-person support available.

[www.ualberta.ca/services/health-centre/index.html](http://www.ualberta.ca/services/health-centre/index.html)

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## Wellness Supports

780-492-1619

2-300 SUB

Wellness Supports has a team of Social Workers providing supportive care management services to students on a one-to-one basis.

[www.ualberta.ca/current-students/wellness-supports/index.html](http://www.ualberta.ca/current-students/wellness-supports/index.html)

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## Sexual Assault Centre

780-492-9771

2-705 SUB

Offers crisis intervention, support, and information for survivors of sexual assault and their supporters.

[www.ualberta.ca/current-students/sexual-assault-centre/index.html](http://www.ualberta.ca/current-students/sexual-assault-centre/index.html)

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## Academic Success Centre

780-492-2682

1-80 SUB

Resources for writing, studying, and time management as well as academic accommodations.

<https://www.ualberta.ca/current-students/academic-success-centre/index.html>

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## Career Centre

780-492-4291

2-100 SUB

Resources for career planning and finding work.

[www.ualberta.ca/career-centre/index.html](http://www.ualberta.ca/career-centre/index.html)

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## Peer Support Centre

780-492-4357

2-707 SUB

Offers confidential and non-judgmental supportive listening or crisis management by phone, Zoom, or walk-in.

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

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## First Peoples' House

780-492-5677

2-400 SUB

Offers many programs/services that empower First Nations, Métis, and Inuit students.

[www.ualberta.ca/current-students/first-peoples-house/index.html](http://www.ualberta.ca/current-students/first-peoples-house/index.html)

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## Office of the Student Ombuds

780-492-4689

2-702 SUB

Information, advice, and support to students as they deal with academic, discipline, interpersonal, and financial issues related to student programs.

[www.ualberta.ca/current-students/ombuds/index.html](http://www.ualberta.ca/current-students/ombuds/index.html)

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