

# Mental Health Resources – Edmonton

(Updated April 2020)

## EMERGENCIES

### Suicide Helpline 1-877-303-2642

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

- Call Alberta’s Mental Health Help Line 24/7 at 1-877-303-2642, or Health Link 811
- Crisis Services Canada also has a 24/7 hotline at 1-833-456-4566
- If they feel that they cannot keep themselves safe, call 911, or call University of Alberta Protective Services (780-492-5050), or have them go the nearest emergency room

More resources for preventing suicide:

<https://www.albertahealthservices.ca/injprev/page4875.aspx>

### Access 24/7

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780-424-2424 (available 24/7)

- This help line is available 24 hours a day, 7 days a week, 365 days a year

AHS and partners opened this wonderful resource that is a single point of contact. They provide free telephone support, in-person assessment (located in Anderson Hall, across from the Royal Alex Hospital emergency department), crisis outreach and stabilization. They have “a team of mental health therapists, nurses, addiction counsellors, social workers, peer support workers, family peer support workers, psychiatrists, pharmacists, support staff, protective services and EMS, as well as community supports from the Edmonton Police Service and RCMP”. Phone or walk-in.

<https://mentalhealthfoundation.ca/stories/access-made-easier-for-addiction-and-mental-health/>

### Distress Line

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780-482-4357 (HELP)

- The 24-hours Distress Line is available 7 days a week

- Also have [online crisis chat](#) 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

### GSA Graduate Student Assistance Program (GSAP)

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All GSA members are enrolled in GSAP, and their partners and dependents can also access the program.

Homewood Health's services are accessible 24 hours a day, 7 days a week, 365 days a year. Contact Homewood Health by calling 780-428-7587 or visit their website: <http://www.homewoodhealth.com/health>

Locations in Edmonton and Calgary. There will be a shorter intake session initially (usually by phone), followed by in-person sessions with a therapist. There are dozens of therapists so if you do not feel comfortable with the person assigned to you, you are encouraged to ask for another one.

### ACCESS Outreach Team

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<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](mailto: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

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<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)

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<https://www.ualberta.ca/vice-president-finance/helping-individuals-at-risk-program/index.html>

**Location:** 300 Campus Tower, 8625-112 Street

**Phone:** 780-492-4372

**Email:** [hiarua@ualberta.ca](mailto:hiarua@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

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<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

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[http://studentcare.ca/rte/en/UniversityofAlbertaGraduateStudentsGSA\\_Health\\_HealthCoverage\\_HealthPractitioners\\_Psychologists](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

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<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

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

### Location

2-705 Students' Union Building (SUB)

**Phone:** 780-492-9771

**Email:** [sexualassaultcentre@ualberta.ca](mailto: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

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<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](#). 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

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<https://www.ualberta.ca/community-social-work/unitea>

**Email:** [unitea@ualberta.ca](mailto: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](#) for a tea time.

## External Supports

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### Canadian Mental Health Association

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

**Location**

various throughout the city

**Phone:** 780-757-0900

**Email:** [info@familycentre.org](mailto: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**

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<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**

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

#### **Location**

Empire Building, #400, 10080 Jasper Avenue

**Phone:** 780-970-6501

**Email:** [counselling@ywcaedm.org](mailto: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

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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

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<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

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#### **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**

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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**

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#### **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>