

Mental Health Resources – Calgary

EMERGENCIES

Suicide Helpline – 1-877-303-2642

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 Campus Security (403-220-5333), or have them go the nearest emergency room

More resources for preventing suicide:

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

Calgary Distress Centre

403-266-4357 (HELP); <https://www.distresscentre.com/>

- The 24-hour help line is available 7 days a week
- Online chat available 3 pm – 10 pm weekdays; noon – 10 pm weekends
- Both evening and emergency in-person counselling appointments are available, free of charge. Walk-in appointments weekdays 1-4 pm, or call to book an appointment or submit an online [intake form](#).

Email:

help@distresscentre.com. This email address is not monitored 24 hours a day and is best suited for non-urgent information requests. All emails will receive a response within 24-48 hours.

Location:

Suite 300, 1010 – 8th Avenue SW

GSA Graduate Student Assistance Program (GSAP)

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.

SERVICES in Calgary

Campus Community Hub

<https://www.ucalgary.ca/wellness-services/services/drop-in/community-hub>

Location

Yamnuska Hall, next to the Subway

Phone: 403-220-7011

Hours

Monday to Friday, 9 am – 4:30 pm.

This is a campus community space for students, faculty and staff. They also have weekly activities listed on their [website](#).

Faith and Spirituality Centre

<https://www.ucalgary.ca/student-services/faith-spirituality>

Location

MB 122, 2500 University Drive NW

The Faith and Spirituality Centre has a great drop-in space for all. Study, eat your lunch, meet new people, or simply relax. Free snacks, coffee and tea, and a variety of activities are available.

A variety of chaplains of various faiths are also available. Their contact information is posted [here](#).

Peer Listeners

<https://www.ucalgary.ca/wellness-services/services/drop-in/peer-support>

Location

Well (MSC 373)

Hours – Drop in weekdays from 2 -4 pm

Peer listening is free, confidential, and non-judgemental. Peer Listeners are available if you want to connect with other students, or are seeking support for personal and/or academic concerns.

Sexual Violence Support Advocate

Phone: 403-220-2208

Email: svsa@ucalgary.ca

The Sexual Violence Support Advocate, Carla Bertsch, can provide confidential support and information regarding sexual violence to all members of the university community. Carla can be reached by email or phone.

Student at Risk Team

<https://www.ucalgary.ca/wellness-services/services/mental-health-services/student-risk-team>

Location

2nd Floor, 4516-54 Street

Phone: 403-220-4923

Hours: Regular UCalgary business hours

Email: SAR@ucalgary.ca

Available at no cost. The Student at Risk Team is a multi-disciplinary group that responds to concerns about students. The team is available to help other students, faculty, staff and postdoctoral scholars in responding to concerns about a student.

Student Support Advisors

<https://www.ucalgary.ca/wellness-services/services/mental-health-services/student-support>

Phone: Call 403-210-9355 to make an appointment

Student Support Advisors are here if you need extra support to maintain your mental health and well-being. They can help finding services on or off campus to improve your housing or financial situation, or mental health or academic support. They can also help with navigating the public health, university or mental health systems.

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...

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://ucalgary.ca/current-students/student-services>

ASSESSMENTS

Questionnaires

Online and anonymous to assess level of depression or anxiety. Can provide name and email address to access free resources:

Depression

<https://psyvitaliti.ca/depression-quiz/>

Anxiety

<https://psyvitaliti.ca/anxiety-quiz/>

Mental Health America's screening tools of the most common mental health issues:

<https://screening.mentalhealthamerica.net/screening-tools>