

# Keeping Mentally Healthy!

## List of Campus Resources and Counselling Support Resources

(UCalgary Campus Resources, Immediate Counselling Support, Off Campus Counselling Resources)

Updated August 2018

### UCalgary Campus Resources

Resource	Services	Cost
<b>Faith and Spirituality Centre</b> Phone: 403-220-5451 MacEwan Student Centre 373 <a href="http://www.ucalgary.ca/fsc">www.ucalgary.ca/fsc</a>	No wait list Pastoral counselling, spiritual direction and faith dynamics (Drop in or contact specific chaplains) Emotional, spiritual, and academic concerns Drop in or call for appointment Open to all students and alumni	No fee
<b>Ombudsperson/Student Rights Advisor</b> Phone: 403 220-6420 <a href="mailto:ombuds@ucalgary.ca">ombuds@ucalgary.ca</a> MacKimmie Block 207 <a href="http://www.ucalgary.ca/ombuds">www.ucalgary.ca/ombuds</a>	Acts as a neutral third party that guides students through policies, procedures and options available depending on the situation. Can assist with term and final grade reappraisals, appeals of academic and non-academic violations and other issues affecting your academic progress at the University	No fee
<b>Women's Resource Centre</b> Phone: 403-220-8551 MacEwan Student Centre 482 <a href="http://www.ucalgary.ca/women/">www.ucalgary.ca/women/</a>	Peer support for everyone including students, staff, and faculty. Workshops and events centered around wellness	No fee
<b>Q Centre</b> Phone: 403-220-4460 MacEwan Student Centre 225C <a href="http://www.su.ucalgary.ca/programs-services/student-services/the-q-centre/">www.su.ucalgary.ca/programs-services/student-services/the-q-centre/</a>	Peer support and networking Open 10am-4pm weekdays, closed Spring and Summer	No fee
<b>Campus Community Hub</b> Phone: 403-220-7011 Unit 5 3500 – 24 <sup>th</sup> Av NW (in Yamnuska Hall beside subway) <a href="http://www.ucalgary.ca/wellnesscentre/hub">www.ucalgary.ca/wellnesscentre/hub</a>	Peer support has drop in times for students during the fall and winter semester. Coffee and Chat option is also available for students who cannot make drop in times.	No fee
<b>Office of Diversity, Equity, and Protected Disclosure</b> Phone: 403- 220-4086 <a href="mailto:wsvoyna@ucalgary.ca">wsvoyna@ucalgary.ca</a> (Protected Disclosure Advisor Shirley Voyna Wilson) Administration Building 116A <a href="http://www.ucalgary.ca/odepd/">www.ucalgary.ca/odepd/</a>	Mandated to provide a safe and confidential space for individuals to discuss protected disclosure matters, e.g., breaches of ethical conduct including alleged breaches of research integrity; (sexual) harassment, and/or discrimination. Confidential peer support available by emailing <a href="mailto:outlet@su.ucalgary.ca">outlet@su.ucalgary.ca</a>	No fee
<b>Sexual Violence Support Advocate</b> <b>Carla Bertsch</b> Phone: 403-220-2208 <a href="mailto:svsa@ucalgary.ca">svsa@ucalgary.ca</a> MacKimmie Block 204C <a href="http://www.ucalgary.ca/sexualviolencesupport/">www.ucalgary.ca/sexualviolencesupport/</a>	Provides education and guidance on the reporting process, training on how to respond to disclosures, and offer support to those who have experienced sexual violence.	No fee

## Immediate Counselling Support

Resource	Intake Process	Type of Service	Cost
<b>SU Wellness Centre</b> Phone: 403-210-9355 MacEwan Student Centre 370 <a href="http://www.ucalgary.ca/wellnesscentre/">www.ucalgary.ca/wellnesscentre/</a>	Counselling – 2 urgent-drop in appointments daily. If no availability go to Medical reception for triage with a Registered Nurse.	Drop In	No fee
Wood's Homes <b>Eastside Family Centre</b> Phone: 403-299-9696 <a href="mailto:efc.ecounselling@woodshomes.ca">efc.ecounselling@woodshomes.ca</a> 255, 495 36 St. NE (Northgate Mall) <a href="http://www.woodshomes.ca/site/PageNavigator/programs/crisis/programs_eastside.html">www.woodshomes.ca/site/PageNavigator/programs/crisis/programs_eastside.html</a>	Crisis Counselling: <a href="http://www.woodshomes.ca/site/PageNavigator/home/contact_crisis_services.html">http://www.woodshomes.ca/site/PageNavigator/home/contact_crisis_services.html</a>  E-therapy or counselling via email available: <a href="mailto:efc.ecounselling@woodshomes.ca">efc.ecounselling@woodshomes.ca</a> Text: 587-315-5000 (9am-10pm) Crisis Phone Line: 403-299-9699 Live Chat (9am-10pm)	Drop In, Phone Support, Texting Support, Email Support, Online	No fee
<b>Distress Centre</b> Phone: 403.265.HELP (4357) 300, 1010 - 8th Ave. SW <a href="http://www.distresscentre.com">www.distresscentre.com</a>	24-hour crisis phone line. Online chat 3pm – 10pm daily (near top right of website)	Phone Support, Online	No fee
<b>CCASA – Calgary Communities Against Sexual Abuse</b> Phone: 403-237-5888 910, 7 Ave SW (Northland Building) <a href="http://www.calgarycasa.com">www.calgarycasa.com</a>	24-hour support phone line.	Phone Support	No fee
Alberta Health Services <b>South Calgary Walk-In Counselling</b> Phone: 403-943-9374 31 Sunpark Plaza SE (2 <sup>nd</sup> floor) <a href="http://www.albertahealthservices.ca/info/facility.aspx?id=1003295&amp;service=1006574">www.albertahealthservices.ca/info/facility.aspx?id=1003295&amp;service=1006574</a>	Walk-in, single-session service.	Drop In	No fee

## Off Campus Counselling Resources

Resource	Intake Process	Cost
<p>Alberta Health Services  <b>ACCESS Mental Health</b>                      Phone: 403-943-1500 Ext 2                      Mental.health@albertahealthservices.ca                      10125, Southport Rd SW  <a href="http://www.albertahealthservices.ca/services/Page11443.aspx">www.albertahealthservices.ca/services/Page11443.aspx</a></p>	<p>For non-urgent cases only. Doctor referral needed. Once referral is received a letter is sent out to client requesting they call to complete the intake over the phone (30 minutes).                      Hr: 8:00am – 4:30pm</p>	No fee
<p>Alberta Health Services  <b>Adult Addictions Services Calgary</b>                      Phone: 403-367-5000                      707 (3<sup>rd</sup> Floor) 10<sup>th</sup> Ave SW</p>	<p>Outpatient Addiction Clinic for adults                      Intake Process: drop in for intake at 12:30 offered daily, sessions offered at intake for family/friend who attends for support                      No wait time for services</p>	No fee
<p><b>CCASA - Calgary Communities Against Sexual Abuse</b>                      Phone: 403-237-6905                      910 – 7 Ave SW  <a href="http://www.calgarycasa.com">www.calgarycasa.com</a></p>	<p>Short intake interview over phone (15 min.)                      - Given estimated wait time based on intake                      Short-term counselling for survivors and family members is limited to 18 sessions.</p>	No fee
<p><b>Calgary Counselling Centre</b>                      Phone: 403-691-5991                      Suit 1000 105 12<sup>th</sup> Ave SE  <a href="http://www.calgarycounselling.com">www.calgarycounselling.com</a></p>	<p>Intake interview over phone or complete on-line form.                      No wait list for services</p>	<p>Fees are subsidized according to income and willingness to work with trainee (between \$8 and \$180 per session).                      - They will ask for insurance information</p>
<p><b>Carya</b>                      Phone: 403-205-5244                      200, 1000 8<sup>th</sup> Ave SW  <a href="http://www.caryacalgary.ca">http://www.caryacalgary.ca</a></p>	<p>Short intake screening interview over phone. Leave name and phone # and Intake worker returns call.</p>	Based on a sliding scale, factors include income and ability to pay.
<p><b>Catholic Family Services</b>                      Phone: 403-233-2360                      250, 707 – 10 Avenue SW  <a href="http://www.cfs-ab.org">www.cfs-ab.org</a></p>	<p>Intake interview over phone takes between 10 – 30 minutes. Call regularly to see if there is an opening rather than leave name.                      Wait times for services changes, no session limit                      - <b>Nondenominational service.</b></p>	Fees are subsidized according to income (low as \$2.00 per session)
<p><b>Distress Centre</b>                      Phone: 403.266.HELP (4357)                      help@distresscentre.com                      Suite 300, 1010 - 8th Ave. SW  <a href="http://www.distresscentre.com">www.distresscentre.com</a></p>	<p>Intake for individual counselling done on the phone through Help line (5-10 minutes).                      Brief counselling model – 6 sessions for crises.                      Online Confidential Chat: 3pm–10pm daily (near top right of website).</p>	No fee
<p>Wood's Homes  <b>Eastside Family Centre</b>                      Phone: 403-299-9696                      255, 495 36 St. NE (Northgate Mall)  <a href="http://www.woodshomes.ca/site/PageNavigator/programs/crisis/programs_eastside.html">www.woodshomes.ca/site/PageNavigator/programs/crisis/programs_eastside.html</a></p>	<p>Can return more than once – no guarantee of same counsellor.                      First come, first served walk-in counselling, single-session basis.                      E-therapy or counselling via email available: <a href="mailto:efc.ecounselling@woodshomes.ca">efc.ecounselling@woodshomes.ca</a>                      Text: 587-315-5000 (9am-10pm)                      Crisis Phone Line: 403-299-9699                      Live Chat (9am-10pm)</p>	No fee
<p><b>Jewish Family Services</b>                      Phone: 403-287-3510                      counselling@jfsc.org                      420, 5920 - 1A Street SW  <a href="http://www.jfsc.org">http://www.jfsc.org</a></p>	<p>Send an email or leave name/phone # on voice mail.                      Structured intake interview over the phone for approximately 30 minutes.                      Waitlist up to 8 weeks                      - <b>Nondenominational service.</b></p>	Fees are sliding scale according to family income (low as \$25.00 per session)
<p><b>Women's Health Collective</b>                      Phone: 403-265-9590                      223 - 12 Avenue SW (3<sup>rd</sup> Floor)  <a href="http://www.stage.calgarywhc.com/wordpress/">www.stage.calgarywhc.com/wordpress/</a></p>	<p>Leave name and phone # and Intake worker will return the call. Short intake interview over the phone.</p>	Fees on a sliding scale according to income and number of dependents. (\$35 is lowest fee).