

## Taking Care of Health and Wellness



### Accessing Physical Health Supports

#### In Calgary or Alberta (\*need AB provincial health insurance)

- U of C Student Wellness Services - [Medical Services](#) by calling 403-210-9355 (option 3)
  - Triage by nurse and referral to virtual or in-person appointment
    - Medical care, preventative medicine, medical procedures
  - Access to [massage therapy](#) and [chiropractic services](#)
- Know your [Health Care Options in Alberta](#)
- Alberta Health Services [Find a Doctor](#)
- Call 8-1-1 for [Health Link](#) for 24/7 advice and referral to appropriate resources
- Find nearest [Urgent Care](#) or [Emergency Centre](#)

#### In Canada (\*need provincial health insurance)

Please contact the [local health authority](#) in the province that you are residing in to access a local health clinic, urgent care centre, or emergency centre for medical support and physical health resources.

#### Outside of Canada

Please contact the local health authority in the country that you are residing in to access a local health clinic, urgent care centre, or emergency centre for medical support and physical health resources.



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## Accessing Mental Health Supports

### In Calgary or Alberta

- U of C Student Wellness Services - [Mental Health Services](#) by calling 403-210-9355
  - [Counselling](#) for clinical support (brief and single session)
  - [Student support](#) for helping manage stress and provide different resources
  - [Wellness online, workshops, group counselling, peer support](#)
  - [EmpowerMe](#) for Graduate students
- 24-hour Crisis Lines (access to other services as well)
  - [Calgary Distress Centre](#) at 403-265-4357
  - [Eastside Family Centre](#) at 1-800-563-6106
  - [Mental Health Helpline](#) at 1-877-303-2642
- AHS - [Access Mental Health](#) for information, consultation and referrals for people with addiction or mental health concerns at 1-844-943-1500
- Canadian Mental Health Association - [Recovery College Calgary](#) for various online group programming related to various themes (e.g. relationships, boundaries, balance, coping)

### In Canada

- U of C Student Wellness Services [Mental Health Services](#) by emailing [sar@ucalgary.ca](mailto:sar@ucalgary.ca)
  - Counselling \*limited due to professional regulations for out-of-province students
  - [Student support](#)
  - [Wellness online, workshops, group counselling, peer support](#)
  - [EmpowerMe](#) for Graduate students
- 24-hour Crisis Lines
  - [Kids Help Phone](#) (5-20 y.o) at 1-800-668-6868
  - [Crisis Services Canada](#) at 1-833-456-4566 or text 45645 (4pm-12am ET)
- Call [2-1-1](#) for referrals to community, government, and social services within location
- Canadian Mental Health Association - [Recovery College Calgary](#) for various online group programming related to various themes (e.g. relationships, boundaries, balance, coping)
- [Wellness Together Canada](#): get connected to a mental health professional
- [Togetherall](#): an anonymous online community for support, monitored by professional helpers with discussion boards, resources, and tools about mental health



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## Outside of Canada

- Certain resources at U of C Student Wellness Services [Mental Health Services](#)
  - Student support \*\* Limited due to professional regulations for out-of-country
  - [Wellness online](#), [workshops](#), [peer support](#)
  - [EmpowerMe](#) for Graduate students
- Canadian Mental Health Association - [Recovery College Calgary](#) for various online group programming related to various themes (e.g. relationships, boundaries, balance, coping)
- [Togetherall](#): an anonymous online community for support, monitored by professional helpers with discussion boards, resources, and tools about mental health

**Please contact your local health authority in the country that you are residing in to access local mental health supports and resources available.**