

## Mental Health:

# List of Campus Resources for UCalgary staff and students (in yellow highlight), and List of Counselling Support Resources in Calgary

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

*Updated January 2021*

### UCalgary Campus Resources – Virtual Supports offered

Resource	Services	Cost
<p><b>Faith and Spirituality Centre</b> Phone: 403-220-5451 MacEwan Student Centre 487</p> <p><a href="http://www.ucalgary.ca/fsc/">www.ucalgary.ca/fsc/</a></p>	<p>Religious and Cultural Diversity education and volunteer opportunities Pastoral counselling, spiritual direction and faith dynamics (Drop in or contact specific chaplains)</p> <p>Emotional, spiritual, and academic concerns Peer support Call for appointment Open to all students and alumni, connect and be part of community</p>	<p>No fee</p>
<p><b>Writing Symbols Lodge</b> <a href="mailto:writingsymbolslodge@ucalgary.ca">writingsymbolslodge@ucalgary.ca</a></p> <p>Phone: 403.220.6034 MacEwan Student Center</p> <p><a href="https://www.ucalgary.ca/student-services/writing-symbols/home">https://www.ucalgary.ca/student-services/writing-symbols/home</a></p>	<p>Access culturally based services and engagement opportunities that enhance the student experience and support academic success.</p> <p>Access to a cultural advisor and a culturally-based Integrative Therapist/Social Worker available to meet with students. One-hour appointments can be booked by emailing <a href="mailto:writingsymbolslodge@ucalgary.ca">writingsymbolslodge@ucalgary.ca</a>.</p> <p>An Indigenous Student Support Advisor is also available to help students connect to SWS coordinated care.</p>	<p>No fee</p>
<p><b>Student Ombuds Office</b> Phone: 403 220-6420 <a href="mailto:ombuds@ucalgary.ca">ombuds@ucalgary.ca</a></p> <p>MacEwan Student Centre, Room 274 <a href="http://www.ucalgary.ca/ombuds">www.ucalgary.ca/ombuds</a></p>	<p>Acts as a neutral third party that guides students through policies, procedures and options available depending on the situation.</p> <p>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</p>	<p>No fee</p>
<p><b>Women's Resource Centre</b> Phone: 403-220-8551 MacEwan Student Centre 482</p> <p><a href="http://www.ucalgary.ca/women/">www.ucalgary.ca/women/</a></p>	<p>Peer support for everyone including students, staff, and faculty. Workshops and events centered around wellness, leadership, and diversity</p>	<p>No fee</p>
<p><b>Sexual Violence Support Advocate</b> <a href="mailto:svsa@ucalgary.ca">svsa@ucalgary.ca</a></p> <p><a href="http://www.ucalgary.ca/sexualviolencesupport/">www.ucalgary.ca/sexualviolencesupport/</a></p>	<p>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 or who know people who have experienced sexual violence.</p> <p>Information on resources for medical, emotional and mental support on and off campus</p>	<p>No fee</p>

## Immediate Counselling Support

Resource	Intake Process	Type of Service	Cost
<p><b>UCalgary Student Wellness Services</b>                      Phone: 403-210-9355                      MacEwan Student Centre 370  <a href="https://www.ucalgary.ca/wellness-services">https://www.ucalgary.ca/wellness-services</a></p>	<p>One urgent appointment available per day from 3-4pm.                      Can only be booked same-day through accessing reception.                      Single session phone &amp; video counselling only.</p>	Online support	No fee
<p>Wood's Homes  <b>Eastside Family Centre</b>                      Phone: 403-299-9696                      255, 495 36 St. NE (Northgate Mall)  <a href="https://www.woodshomes.ca">https://www.woodshomes.ca</a></p>	<p>Call: 403-299-9699 or 1-800-563-6106                      Text: 587-315-5000                      LiveChat available via iCarol                      Email: <a href="mailto:crtssupport@woodshomes.ca">crtssupport@woodshomes.ca</a> and someone will call you back.</p> <p>Hours:                      Monday: 1 p.m. to 7 p.m.                      Tuesday-Thursday: 11 a.m. to 7 p.m.                      Friday: 12 p.m. to 5 p.m.                      Saturday: 11 a.m. to 4 p.m.                      Closed Sunday, statutory holidays and holiday weekends</p>	Drop In, Phone Support, Texting Support, Email Support, Online	No fee
<p>Alberta Health Services  <b>South Calgary Mental Health</b>                      Phone: 403-943-9374                      31 Sunpark Plaza SE (2<sup>nd</sup> floor)</p>	<p>Single-session service by appointment only.                      Clients seeking same-day appointments can call 403-943-9374.</p> <p>Hours:                      Monday to Thursday: 4:00pm – 7:00pm                      Friday: 9:00am – 12:00pm</p>	Appointment Only, can accommodate same-day.	No fee
<p>Alberta Health Services  <b>Sheldon M. Chumir Health Centre</b>                      Phone: 403-955-6200                      1213 4 Street SW, Calgary, Alberta                      T2R 0X7</p>	<p>Offers mental health assessment on a walk-in basis.                      Anyone entering Sheldon Chumir will be screened for COVID-19 symptoms &amp; may be turned away if you are presenting with symptoms. Masks, physical distancing required. This service provides psycho-social assessments and also support on an outpatient basis.</p> <p>Hours: 8:00am – 10:00pm every day.</p>	Drop-in	No fee
<p><b>Distress Centre</b>                      Phone: 403.265.HELP (4357)                      300, 1010 - 8th Ave. SW  <a href="http://www.distresscentre.com">www.distresscentre.com</a></p>	<p>24-hour crisis phone line.                      Online chat 3pm – 10pm daily (near top right of website)</p>	Phone Support, Online	No fee
<p><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></p>	<p>24-hour support phone line.                      Operated by staff members 9:00am – 5:00pm weekdays, operated by volunteers or Distress Centre staff outside of these hours.</p>	Phone Support	No fee
<p><b>Hope for Wellness Line</b>                      Phone: 1-855-242-3310  <a href="https://www.hopeforwellness.ca/">https://www.hopeforwellness.ca/</a></p>	<p>24- hour support culturally competent counsellors to help you if you want to talk, feel distressed, are triggered, or having a strong emotional reaction.                      Support available in English, French, Cree, Ojibway, Inuktitut                      Available to Indigenous People residing in Canada.</p>	Phone Support, Online Chat	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  <a href="mailto:Mental.health@albertahealthservices.ca">Mental.health@albertahealthservices.ca</a>                      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. Telephone information &amp; referral line. Access Mental Health clinicians can screen for eligibility for AHS mental health &amp; addictions programs. Doctor referral may be required for some programs but self-referrals are accepted.</p> <p>Hours: Monday to Friday. 8:00am – 4:30pm                      Closed Saturday, Sunday and Holidays</p>	<p>No fee</p>
<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  <i>Closed for face-to-face contact until further notice.</i></p>	<p>Outpatient Addiction Clinic for adults.  <b>Telephone counselling only during COVID-19 pandemic, all face-to-face individual and group counselling suspended until further notice.</b>                      Call between the hours of operation listed below, intake is a 30-45 minute conversation with a counsellor about your experience with addictive substances or behaviours.                      Available for people concerned about their own use or supporting a loved one with addiction to substances or behaviours.                      Have personal health care number and one other piece of government-issued ID prepared at the time of the call.</p> <p>Hr: Monday to Thursday. 9:00am – 8:00pm                      Friday 9:00am – 4:00pm                      Closed weekends and holidays.</p>	<p>No fee</p>
<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 (30-45 min.)                      Short-term counselling for survivors and family members. Survivors can access up to 18 sessions, family members access up to 6.                      There may be a waitlist for accessing services.                      Phone &amp; video appointments available. Limited in-person support.</p> <p><b>Hours for Intakes:</b> Monday to Friday 9:00am – 5:00pm  <b>Support &amp; Information Line:</b> 9:00am – 9:00pm every day</p>	<p>No fee</p>
<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.                      All services being offered via video or phone appointments.                      Evening &amp; weekend appointments available.</p>	<p>Sliding scale                      (Between \$8-180)</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.                      Call 403-269-9888 for support and resources.</p> <p>Hours: Monday to Friday 8:30am – 5:00pm</p>	<p>Based on a sliding scale, factors include income and ability to pay.</p>
<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><b>Nondenominational service.</b>                       Counselling services provided through video appointment (Zoom).                      Engagement &amp; Intake Team: 403-233-2360 or <a href="mailto:intake@cfs-ab.org">intake@cfs-ab.org</a>   <b>Rapid Access Counselling</b> can be booked online at <a href="http://www.communityconnectyyc.ca">www.communityconnectyyc.ca</a> for single session, 75-minute appointment. Select appointment time &amp; fill out an online form, appointment information and confirmation will come via email.</p>	<p>Fees are subsidized according to income (between \$0 - \$185 per session). Insurance accepted.</p>

<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) or by filling out intake form at <a href="https://www.preenrollment.info/form/distresscentrecalgary">https://www.preenrollment.info/form/distresscentrecalgary</a></p> <p>Brief counselling model – 6 sessions for crises.  Phone &amp; video appointments only, there may be a waitlist for services.  Online Confidential Chat: 3pm–10pm daily (near top right of website).</p>	<p>No fee</p>
<p>Wood’s Homes  <b>Eastside Family Centre</b>  Phone: 403-299-9696  255, 495 36 St. NE (Northgate Mall)  <a href="https://www.woodshomes.ca/our-services/crisis-counselling-services/">https://www.woodshomes.ca/our-services/crisis-counselling-services/</a></p>	<p><b>Single Session:</b>  Can return more than once – no guarantee of same counsellor.  First come, first served virtual counselling, single-session basis.  Can book appointment at <a href="https://www.woodshomes.ca/programs/eastside-family-centre/">https://www.woodshomes.ca/programs/eastside-family-centre/</a>  or by calling 403-299-9696</p> <p><b>Ongoing Counselling:</b>  For youth &amp; their families, accessed virtually through referral from Access Mental Health</p> <p><b>E-Therapy:</b>  Download Client Information Form from Wood’s Homes website (listed above), email completed form to <a href="mailto:etherapy@woodshomes.ca">etherapy@woodshomes.ca</a></p> <p><b>Crisis Supports:</b>  Call: 403-299-9699 or 1-800-563-6106  Text: 587-315-5000  LiveChat available via iCarol  Email: <a href="mailto:crtsupport@woodshomes.ca">crtsupport@woodshomes.ca</a> and someone will call you back.</p> <p>Hours:  Monday: 1 p.m. to 7 p.m.  Tuesday-Thursday: 11 a.m. to 7 p.m.  Friday: 12 p.m. to 5 p.m.  Saturday: 11 a.m. to 4 p.m.  Closed Sunday, statutory holidays and holiday weekends</p>	<p>No fee</p>
<p><b>Calgary Narrative Collective</b>  Phone: 403-265-9590  223 - 12 Avenue SW (3<sup>rd</sup> Floor)</p>	<p>All services provided by phone or video.  Fill out a Schedule Session form online at <a href="https://www.calgarynarrativecollective.com/">https://www.calgarynarrativecollective.com/</a> on the Home Page or Email <a href="mailto:calgarynarrative@gmail.com">calgarynarrative@gmail.com</a> to schedule an intake appointment.</p> <p>Appointments are available weekdays, weekends &amp; evenings.</p>	<p>Fees on a sliding scale according to income and number of dependents. (\$45 is lowest fee).</p>
<p><b>Psychology Clinic</b>  Location: EDC 281  2750 University Way NW  Phone: 403.220.7731  Email: <a href="mailto:PsyClinic@ucalgary.ca">PsyClinic@ucalgary.ca</a></p>	<p>Short intake screening process over phone, can be booked by emailing <a href="mailto:psyclinic@ucalgary.ca">psyclinic@ucalgary.ca</a> or (403-220-7731).  Wait times for services change</p> <p>Open to referrals for individual, group, couple, and family therapy.  Therapy services are time-limited, and generally between 10-20 sessions.</p>	<p>Fees for psychotherapy are determined using a sliding scale fee structure based on total household income.</p> <p>Fees for assessment services will be posted when we begin to offer these services.</p>