

Mental Health Resources



STUDENT HEALTH PLANS

Undergraduate Students' Union Health Plan

http://www.studentcare.ca/rte/en/IHaveAPlan_UniversityofAlbertaUndergraduateStudentsSU_Home

Accessible to undergraduate students who are enrolled in the SU Health plan.

- **Basic Care Plan** covers 70% of the cost for a psychologist or social worker visit, up to \$500/year.
- **Enhanced Care Plan** covers 80% of the cost for a psychologist or social worker visit, up to \$800/year.

Empower Me

<https://www.dialogue.co/en/members/studentcare>

FREE, confidential service connecting undergraduate students enrolled in the SU Health Plan with professionals that support mental health, family and relationships, career and financial planning, as well as nutrition. Appointments are accessed virtually.

Graduate Student Health Plan

<https://gsa-ualberta.ca/programs-services/health-and-dental-plan>

Accessible to graduate students are enrolled in the Graduate Students' Association Health and Dental Plan. The plan covers 80% of the cost for a psychologist, social worker, or clinical counsellor visit, up to \$600/year.

Graduate Student Assistance Program

<https://gsa-ualberta.ca/programs-services/graduate-student-assistance-program>

Accessible to all Graduate Student Association members (along with their partners and dependents). Administered by Homewood Health, students can access confidential counselling as well as health promotion programs (e.g., nutrition, fitness, legal, and financial consultations).

Your Own Health Plan

Counselling may be covered under your or a family member's health plan. Check your policy for coverage.

Physician and Family Support Program

1-877-767-4637

<https://www.albertadoctors.org/membership/benefits/pfsp>

Medical students and residents (and their immediate family members) can access confidential advice, support, and resources on a range of personal and professional concerns.

Canniff & Associates

780-453-1873

<https://www.canniff.ca>

Six FREE counselling sessions offered to Doctor of Dental Surgery students.

REFERRAL SERVICES

PAA Referral Service

780-424-0294 | <https://findhelp.paa-ab.ca>

Affordable Therapy Network

<https://affordabletherapynetwork.com/edmonton>

Mental Health Copilots

<https://www.mentalhealthcopilots.org>

Trained volunteers help connect individuals to mental health resources and providers.

HELPLINES & CRISIS SUPPORTS

In case of life-threatening emergencies, please call 911 or proceed directly to the Emergency Department of the nearest hospital.

Addiction & Mental Health Access 24/7

780-424-2424 | 13211 Fort Rd NW

Point of access to urgent and non-urgent adult addiction and mental health services including service navigation, screening, assessment, crisis intervention, and short-term stabilization.

9-8-8 Suicide Crisis Helpline

Call or Text 988 | <https://988.ca>

211 Edmonton

211 | www.ab.211.ca

Health Link

811 | <https://www.primarycarealberta.ca>

Distress Line, The Support Network

780-482-4357 (HELP)

Hope For Wellness Helpline

1-855-242-3310 | <https://www.hopeforwellness.ca>

Available 24/7 to all Indigenous people across Canada.

Trans Lifeline

1-877-330-6366 | <https://translifeline.org>

Peer support phone service run by trans people for trans and questioning peers.

BriteLine

780-482-4357 (HELP) | <https://briteline.ca>

24/7 helpline dedicated to supporting people in Edmonton's 2SLGBTQIA+ community.

Alberta's One Line for Sexual Violence

1-866-403-8000 | <https://aasas.ca/get-support>

Phone, text, and chat support to all Albertans who have been impacted by sexual violence.

WINhouse

780-479-0058 | <https://www.winhouse.org>

24/7 helpline and operates three shelters for women, children, and non-binary individuals fleeing violence as well as newcomers to Canada with no/precarious immigration status.

Family Violence Resources and Services

<https://www.canada.ca/en/public-health/services/health-promotion/stop-family-violence/services.html>

SLIDING SCALE SERVICES

Faculty of Education Clinical Services, University of Alberta

780-492-3746 | 1-135 Education North

<https://www.ualberta.ca/educational-psychology/clinical-services/index.html>

Provides various testing and counselling services to individuals, families, and couples by graduate students in counselling.

*Open September - April only.

Momentum Counselling

780-757-0900 | #132, 6325 Gateway Blvd NW

<https://momentumcounselling.org>

Offers primarily same day single-session counselling services that are delivered by a team of supervised interns from a solution-focused, strengths-based approach. Provides further ongoing brief therapy (6 to 12 sessions) when needed as well as workshops and group therapy.

Drop-in YEG

780-757-0900 | Multiple Locations

<https://www.dropinyeg.ca>

Delivers FREE drop-in single session therapy services through supervised interns. Offers individual, couple, and family therapy along with referrals to additional services.

Kickstand

780-409-0454 | Lvl 2, West Edmonton Mall (Near the Brick)

<https://www.mykickstand.ca>

Provides FREE drop-in therapy to 11-25 year olds located in Alberta. Delivers both single-session and short-term therapy as well as groups, workshops, and peer and employment support. Other Kickstand Hubs are located across Alberta.

The Family Centre

780-482-6215 | #301, 7319 29 Ave NW

<https://www.familycentre.org>

Offers individual counselling services with a FREE first session as well as facilitates therapy groups and courses to support families, parents, and relationships. Committed to an Indigenous Practice Framework with service users having frequent access to ceremony and teachings.

Cornerstone Counselling Centre

780-482-6215 | #301, 7319 29 Ave NW & #400, 10230 142 St NW | <https://cornerstonecounselling.com>

Offers a range of mental health and wellness workshops as well as subsidized therapy for individuals, couples, and families. FREE first appointment and sliding scale services offered by interns under supervision. Has FNIHB-Enrolled Counsellors.

Community Counselling Centre

780-482-3711 | #202 10534 124 St
<https://communitycounsellingcentre.ca>

Provides relational, client-focused approach to counselling, offering short and long-term options for individuals, couples, and families.

YWCA

780-970-6501 | 10402 124 St NW
<https://ywcaofedmonton.org/programs-and-services/counselling-centre>

Provides counselling services to survivors of domestic violence, intimate partner violence, gender-based violence, human trafficking and/or family violence. Offers a Domestic Violence Support Group.

CAMPUS SERVICES

Supports for students across campus:

<https://www.ualberta.ca/campus-life/health-wellness-services.html>

For students living outside of Alberta:

<https://www.ualberta.ca/en/campus-life/health-wellness/students-living-outside-alberta.html>

First Peoples' House

780-492-5677 | 2-400 SUB
<https://uab.ca/fph>

Student service centre for First Nations, Métis, and Inuit students to find community, cultural connection, and holistic support.

Academic Success Centre

780-492-2682 | 1-80 SUB
<https://uab.ca/asc>

Manages accessibility and accommodation requests to support inclusive learning.

Social Work Team

780-492-1619 | 2-300 SUB
<https://uab.ca/swt>

Social work team providing individual, supportive case management to strengthen wellbeing and promote greater stability in daily life. Robust resource coordination for services on and off campus including SafeHouse.

Sexual Assault Centre

780-492-9771 | 2-705 SUB
<https://uab.ca/uasac>

FREE, confidential same-day and ongoing psychological support as well as proactive services focused on education and prevention. Also provides follow-up, accompaniment, and advocacy services.

Recovery Alberta Liaison

780-984-7748 | 2-7150 SUB
querida.quarshie@recoveryalberta.ca

Bridges students to off-campus mental health and addiction services through individualized assessments and referrals to appropriate community-based resources.

University Health Centre

780-492-2612 | 2-200 SUB
<https://uab.ca/uhc>

Health clinic delivering both same-day and scheduled appointments for students and their family members. Also offers occupational therapy for students experiencing any kind of barrier to full participation in their everyday lives.

Helping Individuals at Risk

780-492-4372 | hiarua@ualberta.ca
<https://uab.ca/hiar>

Confidential, centralized campus resource for reporting concerns about individuals at risk of harm to self or others. Provides support in assessing risk, connecting to resources, and offering guidance on possible next steps.

Counselling & Clinical Services

780-492-5205 | 2-600 SUB
<https://uab.ca/ccs>

FREE mental health clinic providing individual and group therapy, workshops, psychiatric services, and referrals to students. Offers one-at-a-time and short-term therapy.