

Health and Wellness Support Services and Resources

The following are a variety of support services and resources on campus available for students. Do not hesitate to contact your adviser to help identify further supports and services on campus.

1. **Counselling and Clinical Services (CCS)** walk-in 2-600 Students' Union Building (SUB) or phone 780-492-5205

Counselling and Clinical Services also offers a number of drop-in workshops and group programs, including a graduate student support group. Group sessions are added or removed throughout the year. Check the [Group Therapy section of Counselling and Clinical Services website](#) for a current list.

2. **Peer Support Centre walk-in 2-707 Students' Union Building (SUB)** , Phone: 780-492-4357 (Distress/Help Line)

The Peer Support Centre (PSC) is a Students' Union service that offers a free, confidential, and non-judgmental place to talk to someone for support.

3. [WellTrack](#) is a new, free, online self-help program about coping with stress, anxiety and depression. It is a free online self-help program for all University of Alberta students who want to learn more about coping with stress, anxiety and depression.

4. [U of A Community Social Work Team](#), Phone: 780-492-3342

The Community Social Work Team provides support to all U of A students, staff, and faculty in connecting to each other and the campus community by facilitating a variety of training sessions, prevention programs, and peer connection activities.

5. [First Peoples' House](#), 2-400 Students' Union Building, Phone: 780-492-5677

Standing true to our beliefs as First Peoples and guided by our cultural teachings, the First Peoples' House provides an environment of empowerment for First Nations, Métis, and Inuit (FNMI) learners to achieve personal and academic growth.

6. [University Health Centre](#), 2-200 Students' Union Building (SUB), Phone: 780-492-2612

Whether you are feeling unwell or it's time for a regular check-up, the physicians and nurses at the University Health Centre are here to help and to answer any questions you have relating to your health. As a member of the UAlberta community, you are welcome to use the UHC as your primary health care facility for the duration of your time at the university.

Other support services can be found at the following websites:

- [Mental Health](#)
- [GSA Services and Resources for Graduate Students](#)
- [Current Student Support Services](#)
- [International Student Services](#)