

What to Expect at a Consult

Thanks for booking a consult at Counselling & Clinical Services (CCS).
This package will tell you what to expect and how to prepare.

We've also included many resources for you.

- Information on CCS services
- Referral information for other services
- Self-help tips, handouts, websites and apps

All of this information can be discussed at your consult.

What it looks like

A consult is a 30-40 minute meeting with a mental health clinician where you share your main reason for seeking help and your related goals or hopes.

The clinician will ask you specific questions to better understand your concerns.

Together you will create a short plan of helpful strategies. You'll be able to write it down so you can refer to your plan after the consult.

How to prepare

Ahead of your consult it can be helpful to write down:

- Your main concerns
- Any steps you've already tried
- What you are hoping to get from the consult
- Any questions you may have

Potential outcomes

A consult may be all some students need.

For others, the clinician may suggest additional help which could include:

- Services through Counselling & Clinical Services
- Other on-campus services
- Referrals to mental health services in the community

Counselling & Clinical Services

Psychological and Psychiatric Services for U of A Students

Workshops

Workshops are casual, one-time events that teach participants practical and realistic strategies to deal with a particular mental health topic.

ualberta.ca/current-students/counselling/workshops

Individual Therapy

We provide students psychological therapy using a short-term model.

We assist with a wide range of mental health and life concerns.

ualberta.ca/current-students/counselling/about-us/about-counselling

Group Therapy

Groups offer a supportive and safe environment for participants to learn strategies to overcome psychological challenges.

ualberta.ca/current-students/counselling/group-therapy

Referrals

CCS works on a short-term model to support as many students as possible, but unfortunately we can't provide ongoing service to every student who seeks help.

We often refer students to other services, many of which are described in this package.

You also have health care benefits that can cover partial or full costs of other services. Check out the links are below for more information.

Undergraduate Mental Health Help:

https://www.studentcare.ca/rte/en/IHaveAPlan_UniversityofAlbertaUndergraduateStudentsSU_EmpowerMe_EmpowerMe

Graduate Student Assistance Plan:

ualberta.ca/graduate-students-association/services/graduate-student-assistance-program

On-Campus Services

EMOTIONAL SUPPORT

PEER SUPPORT CENTRE

Confidential, non-judgmental place to talk to someone for support.

Help Line: 780.492.HELP

su.ualberta.ca/services/psc/

ACADEMIC / CAREER SUPPORT

ACADEMIC SUCCESS CENTRE

Professional academic support. Accommodations for disabilities.

780.492.2682

ualberta.ca/current-students/academic-success-centre

HEALTH CARE / BASIC NEEDS

UNIVERSITY HEALTH CENTRE

Walk-in health care services.

780.492.2612

ualberta.ca/services/health-centre

WELLNESS SUPPORTS

Support for system navigation, personal development and crisis.

780.492.4773

ualberta.ca/current-students/wellness-supports/index.html

CENTRE FOR WRITERS

Free individual and group writing supports.

centreforwriters@ualberta.ca

<https://www.ualberta.ca/current-students/centre-for-writers/index>

STUDENT SERVICE CENTRE

Service navigation including financial needs.

780.492.3113

<https://www.ualberta.ca/registrar/student-service-centre/index.html>

SEXUAL ASSAULT CENTRE

Confidential support for sexual assault, harassment, relationship violence, and stalking.

780.492.9771

ualberta.ca/current-students/sexual-assault-centre

CAREER CENTRE

Explore career options and develop career management skills.

780.492.4291

ualberta.ca/career-centre

CAMPUS FOOD BANK

Free food hamper services.

780.492.8677

campusfoodbank.com

Community Counselling

FREE SINGLE SESSIONS

DROP IN YEG

Drop-in single session counselling in various locations.

- Phone: 211 •
- dropinyeg.ca •

MOMENTUM COUNSELLING

Walk-in single session counselling.

- 780.757.0900 •
- 706, 5241 Calgary Trail •
- momentumcounselling.org

FREE SHORT TERM COUNSELLING

HOMEWOOD HEALTH

Counselling services for graduate students through GSAP.

- 780.428.7587 •
- College Plaza | 8215 112 St •
- homewoodhealth.com/health •

EMPOWER ME

Mhealth health and wellness resources for undergraduate students with SU health plan.

- 1.833.628.5589 •
- studentcare.ca •

PRIMARY CARE NETWORKS

Numerous clinics providing counselling, group therapy and psychiatry consults.

- pcnpmo.ca/alberta-pcns/Pages/default.aspx •

LOWER COST COUNSELLING

CLINICAL SERVICES

On campus counselling provided by student clinicians.

- 780.492.3746 •
- ualberta.ca/educational-psychology/centres-and-institutes/clinical-services •

YWCA COUNSELLING CENTRE

Ongoing counselling and group therapy.

- 780.970.6501 •
- 400, 10080 Jasper Ave •
- ywcaofedmonton.org/programs-and-services/counselling-centre •

THE FAMILY CENTRE

Goal-oriented counselling and groups.

- 780.424.6103 •
- 20, 9912 106 St •
- the-family-centre.com •

Self-Help

Resources to Improve Your Well-Being

CCS Handouts

Read our handouts on a variety of common mental health concerns for students.

ualberta.ca/current-students/counselling/resources

General Self-Help

Find specific information on various problems and related worksheets.

- cci.health.wa.gov.au •
- heretohelp.bc.ca •
- depressionhurts.ca •

Anxiety

Find tools and worksheets to help manage your anxiety.

anxietycanada.com

Wellness App

Track your mental health, and learn to manage stress, anxiety, and depression with an interactive app for students.

ualberta.welltrack.com

Meditation Apps

Try guided meditation as short as one minute.

- [Insight Timer](#) •
- [Calm](#) •
- [Headspace](#) •

Mood Trackers

Monitor your mood with the help of an app.

- [T2 Mood Tracker](#) •
- [Moodlytics](#) •

Dealing with Distress

When things feel unbearable or hopeless we just want distress to stop. The strategies below can help you get through intense distress in a healthy way. You can also access crisis supports day or night.

Distraction

Activities

Do something active (chores, walk, hobbies).

Contributing

Do something for others.

Comparisons

Think of when you made it through something worse.

Emotions

Act opposite to how you feel.
Sad? Watch a funny movie.
Tired? Move.

Push Away

Visualize negative thoughts or emotions floating away.

Thoughts

Busy your mind. Try crosswords, Sudoku or count backwards by fives.

Sensations

Powerful sensations can distract. Take a hot bath, hold ice cubes, eat something sour.

Self-Soothing

Find pleasurable ways to engage your five senses.

Sight

Pay attention to colors around you or look at photos you like.

Sound

Listen to your favorite song, or go outside and listen to nature.

Touch

Take a warm bath, put on fuzzy socks or a cozy sweater.

Taste

Eat a small tasty treat, have mints or chew gum.

Smell

Smell the air, light a scented candle, or use essential oils.

Crisis Supports

Distress Line

If in crisis you can call 24/7 for anonymous, confidential support.

780.482.HELP (4357)

To chat online visit:

edmonton.cmha.ca/online-crisis-chat/

AHS ACCESS 24/7

A range of urgent and non-urgent addiction and mental health services.

780.424.2424

Emergency Room

Anyone at immediate risk of harm to themselves or others can call 911 or go to the ER.