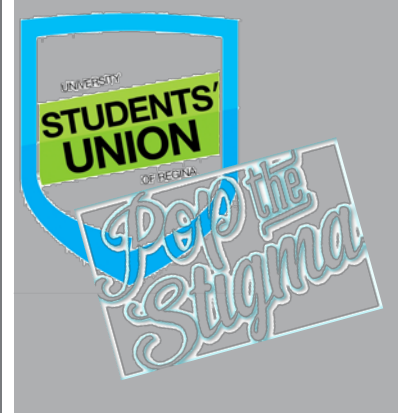


# University of Regina

## Counseling Services



### Feeling Stressed?

Some stress is normal when you're going to university but **1 in 4 students will suffer from mental illness** during their time in University.

#### What can I do?

The U of R offers several counseling services free of charge for students at the U of R. These sessions are confidential and easy to access for students – simply go to the second floor of Riddell, Room 251 to make an appointment.

#### When should you go?

Mental illness is tricky and it comes down to you. Some common symptoms of Mental Illness include feeling overwhelmed or paralyzed, experiencing significant mood swings, and feeling depressed. If these persist for more than a week or two, you will probably benefit from counseling.

It can also be useful to go if you've experienced a trauma like losing a family member or a close friend, or if you've recently ended a relationship.

#### What options are available to me for?

Personal Counseling – This is the perfect option if you'd like one on one attention for challenges like anxiety and panic, relationship conflict, depression, grief and loss, academic issues, body image and substance abuse. Up to 5 appointments are free, per semester. Try it – talking about your problems can be more helpful than you would think!

Group Counseling – Simply put, you're not alone. Many students are experiencing the same things as you. The U of R offers a wide variety of group counseling opportunities that can help teach many skills for managing your mental health, including: Meditation and relaxation, Healthy relationships, Stress Management and Self-Care.

#### I can't afford mental health treatment...

Seeking treatment for mental health shouldn't be cost prohibitive. Most mental illness can be effectively treated in 5 sessions or less.

Don't worry though, if you ever incur any costs, make sure you contact URSU and [www.iHaveAPlan.ca](http://www.iHaveAPlan.ca). Many expenses that are related to mental illness are covered by your Student health and dental plan!

#### [FACULTY RESOURCES CAN GO HERE]

### Stressed out but don't know how to fix it? URSU's Student Advocate can help you free of charge!

- Academic Appeals
- Disciplinary Appeals
- Student Loan Appeals
- E-mail [advocate@ursu.ca](mailto:advocate@ursu.ca) to schedule an appointment today!
- Emergency Bursaries
- Notary Public
- Rentalsman Appeals



