

*Sometimes, despite our best efforts,  
We have experiences that are a struggle to manage and cope with on our own.*



Provides voluntary, no-cost, confidential mental health assistance to all UofR students. Utilizing psychoeducation, therapeutic strategies, and skill-development, the Counselling Services' Team will work alongside you to help you strengthen your:

- **SELF-AWARENESS**
- **FUNCTIONAL SKILLS**
- **RESOURCEFULNESS**
- **GOAL-DIRECTED BEHAVIOUR**

*Which option fits your current mental health concern best?*

*I have a situational stressor  
OR  
I'm unsure about counselling  
OR  
My concern is pressing*

*Multiple aspects of my life are being  
negatively impacted by my concern  
AND  
I'm willing to actively work  
to make changes*

### **TIME-LIMITED CONSULT (TLC)**

Time-responsive solution-focused support to help you gain insight, formulate options, and identify additional resources to assist with your current mental health concerns.

#### **FORMAT:**

- Scheduled single-session consultation with the Student Support Coordinator or a Registered Psychologist
- Appointments typically 30 minutes in duration.
- Facilitated either virtually (via *Zoom Healthcare*) or in-person (*masks must be worn*).

#### **IF THIS FITS FOR YOU:**

1. Visit the **Counselling Services website** at: <https://www.uregina.ca/student/counselling/>
2. Complete the **online Consent Form** at: <https://www.uregina.ca/student/counselling/forms/tlc-consent.html>
3. **Keep an eye on your email** for a response from one of the Counselling Services' clinicians.

*A real person responds, so there may be a slight delay...  
You can expect a slightly longer delay if your form is submitted  
in the evening, on the weekend, or during the holidays 😊*

### **E-COUNSELLING**

Evidence-based therapy to help you actively shift your mindset and develop new skills or alternative behaviours to assist with your identified mental health goals.

#### **FORMAT:**

- Scheduled therapy appointments with a Registered Psychologist
- Appointments typically 50 minutes in duration.
- Facilitated virtually (via *Zoom Healthcare*)
- Frequency and number of appointments are determined based on your therapy goals.

#### **IF THIS FITS FOR YOU:**

1. Visit the Counselling Services' **website** at: <https://www.uregina.ca/student/counselling/>
2. Complete the **online Consent Form** at: <https://www.uregina.ca/student/counselling/forms/online-consent.html>
3. **Keep an eye on your email** for a response from one of the Counselling Services' clinicians.

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in the evening, on the weekend, or during the holidays 😊*

*We're also not the only ones here to help!  
Check the back for other services that might fit your needs*

 *They're Also Here to Help* 

*Is this URGENT?*

<b>Campus Security</b> 24/7 on-campus response	Phone: 306-585-4999 Location: RIC Building, Room 120
<b>Crisis Line</b> - Powered by Kids Help Phone 24/7 contact with mental health professionals	Phone: 1-800-668-6868 Text: "UofR" to 686868
<b>Crisis Suicide Helpline</b> 24/7 crisis counsellors	Phone: 306-525-5333
<b>Emergency Response</b> 24/7 police, fire, & ambulance	Phone: 911
<b>Hospital</b> 24/7 Emergency Department	Pasqua Hospital – Location: 4101 Dewdney Ave General Hospital – Location: 1440 14 <sup>th</sup> Ave
<b>Indian Residential School Crisis Line</b> 24/7 support for residential school survivors & Indigenous peoples	Phone: 1-866-925-4419
<b>Mobile Crisis Services</b> 24/7 crisis counsellors	Phone: 306-757-0127
<b>Regina Sexual Assault Centre</b> 24/7 support line	Phone: 306-352-0434

*Overwhelmed with being NEW TO CAMPUS OR CANADA?*

<b>UR Connected</b> Info, advising & support to help with transition to University	Visit: <a href="https://urconnected.uregina.ca">https://urconnected.uregina.ca</a> for more info or to book a campus tour!
<b>UR International</b> <a href="http://www.uregina.ca/international/">www.uregina.ca/international/</a> Academic & non-academic support from Lifeskill Advisors	Phone: 306-585-5082 to connect or request an appointment Location: College West, Room 109

*Stressed about CLASSES, COURSELOAD OR FUTURE CAREER?*

<b>Advising and Career Education</b> <a href="http://www.uregina.ca/careercentre/">www.uregina.ca/careercentre/</a> Career counselling, advising, resources, job listings & more	Email: <a href="mailto:academic.advising@uregina.ca">academic.advising@uregina.ca</a> to request an appointment Location: Riddell Centre, Room 163
<b>Centre for Student Accessibility</b> <a href="http://www.uregina.ca/student/accessibility/">www.uregina.ca/student/accessibility/</a> Advising regarding for physical, emotional & cognitive disabilities	Email: <a href="mailto:student.success@uregina.ca">student.success@uregina.ca</a> to request an appointment Location: Riddell Centre, Room 229
<b>Student Success Centre</b> Academic advising, tutoring & workshops	Visit: <a href="http://www.uregina.ca/student/ssc/">www.uregina.ca/student/ssc/</a>

*Want other WELLNESS OPTIONS?  
on campus & in the community*

<b>BounceBack®</b> (Canadian Mental Health Association) Counselling via a Mental health coach + workbooks	Visit: <a href="http://www.bounceback.cmha.ca">www.bounceback.cmha.ca</a> for more info or to register
<b>Canada Suicide Prevention Service</b> <a href="http://www.crisisservicescanada.ca/en/">www.crisisservicescanada.ca/en/</a> Support & resources for you, or if you're trying to help a loved one	Phone: 1-833-456-4566 (available 24/7) Text: 45645 (available 4pm-midnight ET)
<b>Online Therapy Unit</b> Therapy via educational material + therapist support	Visit: <a href="http://outprod.cc.uregina.ca">http://outprod.cc.uregina.ca</a> for more info, including the steps to enroll
<b>Sexual Violence Prevention &amp; Response</b> <a href="http://www.uregina.ca/sexual-violence/">www.uregina.ca/sexual-violence/</a> Support, information, referrals & advocacy	Email: <a href="mailto:lynn.thera@uregina.ca">lynn.thera@uregina.ca</a> to connect or request an appointment
<b>Student Wellness Centre</b> Health & wellness care provided by Nurse Practitioners	Visit: <a href="http://www.uregina.ca/wellness-centre/">www.uregina.ca/wellness-centre/</a> Location: Paskaw Tower, Room 119
<b>ta-tawâw Student Centre</b> <a href="http://www.uregina.ca/student/asc">www.uregina.ca/student/asc</a> Support, resources, connection with Knowledge Keepers, & more	Email: <a href="mailto:ASCentre@uregina.ca">ASCentre@uregina.ca</a> to connect Location: RIC Building, Room 108
<b>Thrive Rapid Access Counselling</b> No-cost counselling with in-person, video & phone options	Visit: <a href="http://www.counsellingconnecsask.ca">www.counsellingconnecsask.ca</a> for more info or to book an appointment
<b>UofR Wellness Hub</b> Links to support services, training, resources & more	Visit: <a href="http://www.uregina.ca/mental-wellness/">www.uregina.ca/mental-wellness/</a>
<b>UR Pride Centre for Sexuality &amp; Gender Diversity</b> Support, advocacy, resources, & more	Visit: <a href="http://www.urpride.ca">www.urpride.ca</a> Location: Riddell Centre, Room 225
<b>Wellness Together Canada</b> <a href="https://wellnesstogether.ca/en-CA">https://wellnesstogether.ca/en-CA</a> 24/7 contact with mental health professionals	Phone: 1-866-585-0445 Text: "Wellness" to 741741
<b>211 Saskatchewan</b> Searchable database of community services across Saskatchewan	Visit: <a href="https://sk.211.ca">https://sk.211.ca</a>