

How To Ask For Help



As a post-secondary student, there may be times you feel overwhelmed, alone or both and find it difficult to cope. Strength comes with knowing yourself, including your natural strengths and your response to stress. The University of Regina has numerous student supports to help you learn and grow both in and out of the classroom. **The guide below directs you to essential University of Regina support options based on the intensity of your feelings. Remember, you are not alone!**

Stress

Stress is a survival mechanism; it is our body's reaction to a certain situations or events that we feel may be a threat to us. It is a normal part of university life and can increase your focus and performance.

As a post-secondary student, you are being stretched by new and often conflicting demands. When you are stressed, you may experience changes in your emotions, body, and thinking.

You may need help to identify specific stress points and learn new skills to effectively manage your stress response.

Distress

Distress occurs when you are faced with stress points and are struggling to cope. These stress points could be a specific experience, life event or ongoing unpleasant feelings. When normal coping strategies (e.g., rest, exercise, staying positive) are not working, functioning day to day may be difficult.

Examples include:

- Difficulty sleeping or sleeping too much
- Significant changes in appetite
- Not attending class, work, or difficulty completing normal self-care activities (e.g., preparing meals, showering)
- Increased substance use
- Decreased interest in your usual hobbies or interests
- Thoughts of self-harm

Depending on your level of distress, you may need to talk to a professional who can help you make changes in your life and improve or expand your coping strategies.

Crisis

When your level of distress becomes severe and you cannot find any relief from overwhelming and negative feelings, you may experience thoughts of suicide. You may imagine death as an escape from the way you are feeling. You may be struggling to stay safe and have a plan to end your life or someone else's life.

When your level of distress becomes severe, and you feel you cannot cope or feel you are not in control, you may need support. The following are signs you need immediate help:

- Having thoughts about ending your life or trying to end your life
- Having thoughts of hurting others
- Making choices that put you or others in serious danger
- Experiencing sensations that are not real and/or beliefs that cannot possibly be true
- Becoming unable to care for yourself, and it is putting you at risk of serious harm

Resources and Supports

- University of Regina [Counselling Services](#)
- Crisis Line Powered by Kids Help Phone – 1800-668-6868 or text "UofR" to 686868
- First Nations and Inuit Hope for Wellness Help Line: Call 1-855-242-3310 or Online Chat
- University of Regina [Psychology Training Centre](#)
- URSU [MyWellness App](#) or URSU [Student Advocate](#)
- [My Student Plan Hub](#) (Student Benefit Plan)

Consider Seeking Support from a Counsellor or Physician

- University of Regina [Counselling Services](#)
- University of Regina [Student Wellness Centre](#)
- Crisis Line Powered by Kids Help Phone – 1800-668-6868 or text "UofR" to 686868
- First Nations and Inuit Hope for Wellness Help Line: Call 1-855-242-3310 or Online Chat
- University of Regina Psychology Training Centre
- URSU [MyWellness App](#)
- URSU [Student Advocate](#)
- [My Student Plan Hub](#) (Student Benefit Plan)

TAKE IMMEDIATE ACTION

- **Mobile Crisis (24/7 crisis line in Regina): 306.757.0127**
- **University of Regina Campus Security: 306-585-4999**
- **National Suicide Prevention lifeline: 1-833-456-4566**
Text 45645 or click [here](#).
- **Trans Lifeline: 1-877-330-6366**
- **Indian Residential School Crisis Line: 1-866-925-4419**
- **Go to your local hospital emergency room or call 9-1-1**