

HEALTH & WELLBEING RESOURCES & SUPPORT

ONLINE THERAPY UNIT

Combines self-paced therapy material with therapist support for conditions such as Anxiety and Depression, Alcohol Use, or Chronic Health/Pain Conditions

www.onlinetherapyuser.ca

STUDENT MENTAL HEALTH

Goal-directed evidence-based psycho education, brief individual therapy, and self-improvement webinars

www.uregina.ca/student-mental-health/

TA-TAWÂW STUDENT CENTRE

Support, resources, Knowledge Keepers and more

www.uregina.ca/ta-tawaw-student-centre/

108 Research & Innovation Centre

ACCESSIBILITY HUB

Information, supports, tools, resources and more to help students with medical, physical or mental health diagnoses

www.uregina.ca/accessibility/

RESPECTFUL UNIVERSITY SERVICES

Confidential consultations and resolution options

www.uregina.ca/hr/respectful-university-services/

Email: Respect@uregina.ca

SEXUAL VIOLENCE PREVENTION & RESPONSE

Information, resources, advocacy and more

www.uregina.ca/sexual-violence

Email: Sexual.Violence.Response@uregina.ca

MULTI-FAITH CHAPLAINCY

Spiritual wellness support, information about connecting to local faith communities and more

www.uregina.ca/multifaith/

REGINA SEXUAL ASSAULT CENTRE

Counselling, advocacy and support

www.reginasexualassaultcentre.ca

Phone # 306-522-2777

RAPID ACCESS COUNSELLING

No-cost counselling services at sites across the province, with in-person, virtual, and phone options

www.counsellingconnectsask.ca/

CANADIAN MENTAL HEALTH ASSOCIATION: BOUNCEBACK

Combines counselling from a Mental Health Coach with therapy workbooks

www.bounceback.cmha.ca/

ALLIANCE MEDICAL CENTRE

“Walk-in” healthcare clinic located nearest to the University Campus

Phone # 306-271-2414 | 1101 Kramer Blvd

TALKING STICK APP

Confidential text-only support from Indigenous Peer Advocates living in Saskatchewan

<https://my.talkingstick.app/>

211 SASKATCHEWAN

Searchable database of supportive services that covers a wide variety of needs

www.sk.211.ca OR Call or Text 211

ADDICTIONS SERVICES

Counselling, group therapy and more through the Sask Health Authority

Phone # 306-766-6600

UR PRIDE

Events, education, peer supports and more available to students and community members

www.urpride.ca | Email: contactus@urpride.ca



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