

Also Here to Help

Resources & Supports



University
of Regina

Student
Mental
Health



*Available
24/7
for an
URGENT
situation!*

For EMERGENCY response:

**POLICE, FIRE or
AMBULANCE**

Phone #911

Phone & text support:

CRISIS HELP PHONE

Phone #1-800-668-6868

Text "UofR" to #686868

kidshelpphone.ca

Phone & online chat support:

**HOPE FOR WELLNESS
INDIGENOUS HELPLINE**

Phone #1-855-242-3310

www.hopeforwellness.ca

For ON-CAMPUS response:

PROTECTIVE SERVICES

Phone #306-585-4999

Hospital emergency department:

**Regina GENERAL
HOSPITAL**

Location: 1440 14th Ave.

Health, mental health & addictions
advice and support:

HEALTHLINE

Phone #811

For yourself or are worried
about someone else:

SUICIDE CRISIS HELPLINE

Phone or Text #988

988.ca

Phone support & crisis response:

Regina MOBILE CRISIS

Phone #306-757-0127

mobilecrisis.ca

Phone support & information:

**Regina SEXUAL
ASSAULT LINE**

Phone #306-352-0434



*Stressed
about your
ACADEMICS
or*

**FUTURE
CAREER?**

UR International

GLOBAL LEARNING CENTRE

www.uregina.ca/ur-international/student-services/global-learning-centre.html

Student Mental Health

**UR WELL SELF-IMPROVEMENT
WEBINARS**

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

Student Success Centre

**LEARNING SKILL CONSULTATIONS &
ACADEMIC ADVISING**

www.uregina.ca/student-success-centre

Dr. John Archer Library

**CITATION GUIDES & INDIVIDUAL
APPOINTMENTS WITH A SUBJECT
LIBRARIAN**

library.uregina.ca/homepage

Centre for Experiential and Service Learning

STUDENT EMPLOYMENT SERVICES

Phone #306-585-4600

www.uregina.ca/centre-for-experiential-and-service-learning/student-employment-services/index.html

Centre for Experiential and Service Learning

INDIGENOUS CAREER EDUCATION

Phone #306-585-4600

www.uregina.ca/centre-for-experiential-and-service-learning/indigenous-career-education/index.html



*Overwhelmed
being New to
**CAMPUS,
REGINA,**
or
CANADA?*

Information, campus tours, advising & supports to help
with your transition to University

EXPERIENCE U OF R

www.uregina.ca/experience/

Quick access to information and links to resources,
supports, and services, important dates to know & more

STUDENT CENTRAL

www.uregina.ca/students/

Easily locate the answers to questions about UPass,
health & dental benefits & more

FAQ - STUDENT SERVICES

www.uregina.ca/students/services-faq.html

Information, transit maps, helpful links & more

CITY OF REGINA

www.regina.ca/about-regina/moving-to-regina/

Academic & non-academic support from Life-Skill
Advisors on campus

UR INTERNATIONAL

www.uregina.ca/international/

Register, update or replace your SK HEALTH CARD

eHEALTH SASKATCHEWAN

Phone #1-800-667-7551

www.ehealthsask.ca/residents/health-cards

Also Here to Help

Resources & Supports



University
of Regina

Student
Mental
Health

Caring for your HEALTH & WELLBEING



CAMPUS-BASED



COMMUNITY-BASED

Combines self-paced therapy material with therapist support, with options including: Anxiety & Depression, Alcohol Use, or Chronic Health/Pain Conditions

ONLINE THERAPY UNIT

www.onlinetherapyuser.ca

No-cost counselling services at sites across Sask., with in-person, virtual, & phone options

RAPID ACCESS COUNSELLING

www.counsellingconnectsask.ca/

Goal-directed evidence-based psychoeducation, brief individual therapy, & self-improvement webinars

STUDENT MENTAL HEALTH

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

24/7 online community offering peer-support chats, wellbeing courses, resources, tools & more

TOGETHERALL

togetherall.com/en-ca/

Primary healthcare services provided by Registered Nurse Practitioners

STUDENT HEALTH SERVICES

Phone #306-337-2200

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

"Walk-in" healthcare clinic located nearest to the University Campus

ALLIANCE MEDICAL CENTRE

Phone #306-271-2414

1101 Kramer Blvd.

Support, resources, Knowledge Keepers & more

ta-tawâw STUDENT CENTRE

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

108 Research & Innovation Centre

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

TALKING STICK App

my.talkingstick.app

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

ACCESSIBILITY HUB

www.uregina.ca/accessibility/

Combines counselling from a Mental Health Coach with therapy workbooks

CANADIAN MENTAL HEALTH ASSOCIATION: BounceBack

www.bounceback.cmha.ca/about-bounceback/

Confidential consultations & resolution options
RESPECTFUL UNIVERSITY SERVICES
www.uregina.ca/hr/respectful-university-services/
Email: Respect@uregina.ca

Counselling, group therapy & more through the
Sask. Health Authority
ADDICTIONS SERVICES
Phone #306-766-6600

Information, resources, advocacy & more
SEXUAL VIOLENCE PREVENTION & RESPONSE
www.uregina.ca/sexual-violence/
Email: Sexual.Violence.Response@uregina.ca

Counselling, advocacy & support
REGINA SEXUAL ASSAULT CENTRE
www.reginalsexualassaultcentre.ca
Phone # 306-522-2777

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

MULTI-FAITH CHAPLAINCY

www.uregina.ca/multifaith/

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

211 SASKATCHEWAN

Call or text #211

sk.211.ca