

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

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/help/

Centre for Experiential and Service Learning

CAREER EXPLORATION & COUNSELLING

Phone #306-585-4600

www.uregina.ca/careercentre/cxc

Centre for Experiential and Service Learning

INDIGENOUS CAREER EDUCATION

Phone #306-585-4600

www.uregina.ca/careercentre/acc

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

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

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

Also Here to Help

Resources & Supports



University
of Regina

Student
Mental
Health

Caring for your
HEALTH & WELLBEING



CAMPUS-BASED



COMMUNITY-BASED

<p>Combines self-paced therapy material with therapist support, with options including: Anxiety & Depression, Alcohol Use, or Chronic Health/Pain Conditions</p> <p>ONLINE THERAPY UNIT www.onlinetherapyuser.ca</p>	<p>No-cost counselling services at sites across Sask., with in-person, virtual, & phone options</p> <p>RAPID ACCESS COUNSELLING www.counsellingconnectsask.ca/</p>
<p>Goal-directed evidence-based psychoeducation, brief individual therapy, & self-improvement webinars</p> <p>STUDENT MENTAL HEALTH www.uregina.ca/student-mental-health/</p>	<p>24/7 online community offering peer-support chats, wellbeing courses, resources, tools & more</p> <p>TOGETHERALL togetherall.com/en-ca/</p>
<p>Primary healthcare services provided by Registered Nurse Practitioners</p> <p>STUDENT HEALTH SERVICES Phone #306-337-2200 www.uregina.ca/student-health-services/</p>	<p>“Walk-in” healthcare clinic located nearest to the University Campus</p> <p>ALLIANCE MEDICAL CENTRE Phone #306-271-2414 1101 Kramer Blvd.</p>
<p>Support, resources, Knowledge Keepers & more</p> <p>ta-tawâw STUDENT CENTRE www.uregina.ca/ta-tawaw-student-centre/ 108 Research & Innovation Centre</p>	<p>Confidential text-only support from Indigenous Peer Advocates living in Sask</p> <p>TALKING STICK App my.talkingstick.app</p>
<p>Information, supports, tools, resources & more to help students with medical, physical or mental health diagnoses</p> <p>ACCESSIBILITY HUB www.uregina.ca/accessibility/</p>	<p>Combines counselling from a Mental Health Coach with therapy workbooks</p> <p>CANADIAN MENTAL HEALTH ASSOCIATION: BounceBack www.bounceback.cmha.ca/about-bounceback/</p>
<p>Confidential consultations & resolution options</p> <p>RESPECTFUL UNIVERSITY SERVICES www.uregina.ca/hr/respectful-university-services/ Email: Respect@uregina.ca</p>	<p>Counselling, group therapy & more through the SK Health Authority</p> <p>ADDICTIONS SERVICES Phone #306-766-6600</p>
<p>Information, resources, advocacy & more</p> <p>SEXUAL VIOLENCE PREVENTION & RESPONSE www.uregina.ca/sexual-violence/ Email: Sexual.Violence.Response@uregina.ca</p>	<p>Counselling, advocacy & support</p> <p>REGINA SEXUAL ASSAULT CENTRE www.reginalsexualassaultcentre.ca Phone # 306-522-2777</p>
<p>Spiritual wellness support, information about connecting to local faith communities & more</p> <p>MULTI-FAITH CHAPLAINCY www.uregina.ca/multifaith/</p>	<p>Searchable database of supportive services that covers a wide variety of needs</p> <p>211 SASKATCHEWAN Call or text #211 sk.211.ca</p>