Resources & Supports

In an URGENT situation & Available to you 24/7

**Campus Security** for On-Campus response
- Phone: 306-585-4999
- On-Campus: RIC Building, 120

**Canada Crisis Line** for text or phone support
- Phone: 1-800-668-6868
- Text: “UofR” to 686868

**Emergency Response** for Police, Fire, & Ambulance response
- Phone: 911

**Regina Crisis Line** for phone support from crisis counsellors
- Phone: 306-525-5333

**Regina General Hospital** for Emergency Department
- Off-Campus: 1440 14th Ave

**Regina Mobile Crisis Services** for phone support & crisis response
- Phone: 306-757-0127

**Regina Sexual Assault Line** for phone support & information
- Phone: 306-352-0434

**Trans Lifeline** for phone support for trans & questioning peers
- Phone: 1-877-330-6366

**First Nations and Inuit Hope for Wellness Helpline** for phone or online chat support for all Indigenous peoples
- Online Chat: www.hopeforwellness.ca
- Phone: 1-855-242-3310

**Centre for Experiential & Service Learning** for career counselling, volunteer & work experience, workshops & more
- Visit: www.uregina.ca/cesl/index.html
- On-Campus: Riddell Centre, 163

**Student Success Centre** for academic advising, writing help, learning skills consultations, tutoring, & workshops
- Visit: www.uregina.ca/student/ssc/
- On-Campus: Riddell Centre, 230

**Student Accessibility – UR Accommodated** for advising & to register for accommodations for physical, emotional & cognitive disability diagnoses
- Visit: www.uregina.ca/student/accessibility/

**Dr. John Archer Library** for research & citation guides, information sessions, or to book an appointment with a Subject Librarian
- Visit: https://library.uregina.ca/help/contact

**URSU – UR Student Union** offering advocacy, programs, services & events to help students thrive
- Visit: https://www.ursu.ca/services/
- On-Campus: Riddell Centre, 221

**UR International** for academic & non-academic support from Lifeskill Advisors on campus
- Visit: www.uregina.ca/international/
- On-Campus: College West, 109

**UR Connected** for information, tours, advising & support to help with your transition to University
- Visit: https://urconnected.uregina.ca

**Regina Immigrant Women’s Centre** offers family support, advising, language education, & more for women, men, youth & seniors
- Visit: www.reginaiwc.ca

**Also Here to Help**

Stressed about your COURSELOAD or FUTURE CAREER?

Overwhelmed with being NEW TO CAMPUS or CANADA?
Online Therapy Unit combines self-paced therapy material with therapist support, offering programs targeting: Anxiety & Depression, Alcohol Use, or Chronic Health/Pain Conditions

- Visit: [https://www.onlinetherapyuser.ca/acc](https://www.onlinetherapyuser.ca/acc)

Psychology Clinic offers individual therapy, assessment, & DBT groups for a nominal fee ($)

- Email: Psychology.Clinic@uregina.ca
- Phone: 306-585-5685
- Location: College West, 020

Addiction Services (SK Health Authority) offers individual counselling, group therapy & more

- Visit: [https://www.rqhealth.ca/department/addiction-services/addiction-services-in-regina](https://www.rqhealth.ca/department/addiction-services/addiction-services-in-regina)

Respectful University Services for confidential consultations & resolution options

- Visit: [www.uregina.ca/hr/respectful-university-services/index.html](http://www.uregina.ca/hr/respectful-university-services/index.html)
- Email: Respect@uregina.ca

Adult Mental Health Clinic (SK Health Authority) offers individual therapy, group counselling, & psychiatry services

- Phone: 306-766-7800 to request services
- Location: 2110 Hamilton St. – 3rd floor

Regina Sexual Assault Centre for counselling, advocacy & support

- Visit: [www.reginasexualassaultcentre.ca](http://www.reginasexualassaultcentre.ca)
- Phone: 306-522-2777

Rapid Access Counselling offers no-cost counselling services in sites across Sask, with in-person, video & phone options

- Visit: [https://www.counsellingconnectsask.ca/](https://www.counsellingconnectsask.ca/)

Wellness Together Canada for 24/7 phone support from mental health professionals & online resources

- Visit: [https://wellnesstogether.ca/en-CA](https://wellnesstogether.ca/en-CA)
- Phone: 1-866-585-0445

Mind your Mind for resources, apps, & information to foster mental wellness & build resilience

- Visit: [https://mindyourmind.ca](https://mindyourmind.ca)

211 Saskatchewan is a searchable database of community services across Saskatchewan addressing a variety of needs

- Visit: [https://sk.211.ca](https://sk.211.ca)