



Campus Security for On-Campus response <ul style="list-style-type: none"> Phone: 306-585-4999 On-Campus: RIC Building, 120 	Canada Crisis Line for text or phone support <ul style="list-style-type: none"> Phone: 1-800-668-6868 Text: "UofR" to 686868
Emergency Response for Police, Fire, & Ambulance response <ul style="list-style-type: none"> Phone: 911 	Regina Crisis Line for phone support from crisis counsellors <ul style="list-style-type: none"> Phone: 306-525-5333
Regina General Hospital for Emergency Department <ul style="list-style-type: none"> Off-Campus: 1440 14th Ave 	Regina Mobile Crisis Services for phone support & crisis response <ul style="list-style-type: none"> Phone: 306-757-0127
Regina Sexual Assault Line for phone support & information <ul style="list-style-type: none"> Phone: 306-352-0434 	Trans Lifeline for phone support for trans & questioning peers <ul style="list-style-type: none"> Phone: 1-877-330-6366
Talk Suicide Canada for phone support & online information <ul style="list-style-type: none"> Phone: 1-833-456-4566 Online Info: https://talksuicide.ca 	First Nations and Inuit Hope for Wellness Helpline for phone or online chat support for all Indigenous peoples <ul style="list-style-type: none"> Online Chat: www.hopeforwellness.ca Phone: 1-855-242-3310

Stressed about your **COURSELOAD**
or **FUTURE CAREER?** 

Centre for Experiential & Service Learning for career counselling, volunteer & work experience, workshops & more <ul style="list-style-type: none"> Visit: www.uregina.ca/cesl/index.html On-Campus: Riddell Centre, 163 	Student Accessibility – UR Accommodated for advising & to register for accommodations for physical, emotional & cognitive disability diagnoses <ul style="list-style-type: none"> Visit: www.uregina.ca/student/accessibility/
Student Success Centre for academic advising, writing help, learning skills consultations, tutoring, & workshops <ul style="list-style-type: none"> Visit: www.uregina.ca/student/ssc/ On-Campus : Riddell Centre, 230 	Dr. John Archer Library for research & citation guides, information sessions, or to book an appointment with a Subject Librarian <ul style="list-style-type: none"> Visit: https://library.uregina.ca/help/contact



Overwhelmed with being
NEW TO CAMPUS or CANADA?

UR Connected for information, tours, advising & support to help with your transition to University <ul style="list-style-type: none"> Visit: https://urconnected.uregina.ca 	UR International for academic & non-academic support from Lifeskill Advisors on campus <ul style="list-style-type: none"> Visit: www.uregina.ca/international/ On-Campus: College West, 109
URSU – UR Student Union offering advocacy, programs, services & events to help students thrive <ul style="list-style-type: none"> Visit: https://www.ursu.ca/services/ On-Campus: Riddell Centre, 221 	Regina Immigrant Women's Centre offers family support, advising, language education, & more for women, men, youth & seniors Visit: www.reginaiwcc.ca



Campus-based



Want other
WELLNESS OPTIONS



Community-based



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>

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

- Visit: <https://www.rqhealth.ca/department/addiction-services/addiction-services-in-regina>

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

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

Respectful University Services for confidential consultations & resolution options

- Visit: www.uregina.ca/hr/respectful-university-services/index.html
- Email: Respect@uregina.ca

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

- Visit: <https://wellnesstogether.ca/en-CA>
- Phone: 1-866-585-0445
- Text: "Wellness" to 741741

Student Mental Health provides goal-directed evidence-based psychoeducation, brief individual therapy, & group wellness events

- Visit: www.uregina.ca/student/counselling/

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

- Visit: <https://mindyourmind.ca>

Sexual Violence Prevention & Response for support, information, referrals, advocacy & more

- Visit: www.uregina.ca/sexual-violence/
- Email: lynn.thera@uregina.ca for an appointment

Regina Sexual Assault Centre for counselling, advocacy & support

- Visit: www.reginasexualassaultcentre.ca
- Phone: 306-522-2777

UR Pride Centre for Sexuality & Gender Diversity for support, advocacy, resources, & more

- Visit: <https://www.urpride.ca/oncampus>

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

- Visit: <https://www.counsellingconnectsask.ca/>

Student Health Services for primary healthcare needs provided by Nurse Practitioners

- Visit: www.uregina.ca/wellness-centre/
- Phone: 306-337-2200

BounceBack® (Canadian Mental Health Association) offers counselling via a Mental Health Coach & therapy workbooks

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

ta-tawâw Student Centre for support, resources, connection with Knowledge Keepers, & more

- Visit : www.uregina.ca/student/asc
- Location: RIC Building, Room 108

Talking Stick app was created "by First Nations, for First Nations" & provides text-only support from First Nations Peer Advocates

- Visit: <https://my.talkingstick.app/#/guest/home>

URSU Cares Thrifts & Cares Pantry for no-cost necessities, including: clothing, school supplies, home goods, food & toiletries

- Visit: <https://www.ursu.ca/services/>

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

- Visit: <https://sk.211.ca>