Also Here to Help
Resources & Supports

Available 24/7 for an URGENT situation!

For EMERGENCY response:
POLICE, FIRE or AMBULANCE
Phone #911

For ON-CAMPUS response:
PROTECTIVE SERVICES
Phone #306-585-4999

Hospital emergency department:
Regina GENERAL HOSPITAL
Location: 1440 14th Ave.

For yourself or are worried about someone else:
SUICIDE CRISIS HELPLINE
Phone or Text #988 988.ca

Phone & text support:
CRISIS HELP PHONE
Phone #1-800-668-6868
Text “UofR” to #686868
kidshelpphone.ca

Health, mental health & addictions advice and support:
HEALTHLINE
Phone #811

Phone support & crisis response:
Regina MOBILE CRISIS
Phone #306-757-0127
mobilecrisis.ca

Available 24/7 for an URGENT situation!

Student Success Centre
ACADEMIC EXCELLENCE WORKSHOPS
www.uregina.ca/student-success-centre/workshops

Student Success Centre
LEARNING SKILL CONSULTATIONS & ACADEMIC ADVISING
www.uregina.ca/student-success-centre/

Centre for Experiential and Service Learning
CAREER EXPLORATION & COUNSELLING
Phone #306-585-4600
www.uregina.ca/careercentre/cxc

Student Mental Health
UR WELL SELF-IMPROVEMENT WEBINARS
www.uregina.ca/student-success-centre/events/

Dr. John Archer Library
CITATION GUIDES & INDIVIDUAL APPOINTMENTS WITH A SUBJECT LIBRARIAN
library.uregina.ca/help/

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
UR CONNECTED
urconnected.uregina.ca

Information, advocacy, programs, services, events, special-interest groups & more
URSU - UR STUDENT UNION
www.ursu.ca/services
221 Riddell Centre

Quick assess to information and links to resources, supports, and services, important dates to know & more
STUDENT CENTRAL
www.uregina.ca/students/

Information, transit maps, helpful links & more
CITY OF REGINA
www.regina.ca/about-regina/moving-to-regina/

Register, update or replace your SK HEALTH CARD
eHEALTH SASKATCHEWAN
Phone #1-800-667-7551
www.ehealthsask.ca/residents/health-cards

Information, advocacy, programs, services, events, special-interest groups & more
URSU - UR STUDENT UNION
www.ursu.ca/services
221 Riddell Centre

Academic & non-academic support from Life-Skill Advisors on campus
UR INTERNATIONAL
www.uregina.ca/internaional/
## Caring for your HEALTH & WELLBEING

### Online Therapy Unit
- 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](http://www.onlinetherapyuser.ca)

### Rapid Access Counselling
- No-cost counselling services at sites across Sask., with in-person, virtual, & phone options
- **RAPID ACCESS COUNSELLING**
  - [www.counsellingconnectsask.ca](http://www.counsellingconnectsask.ca)

### Student Mental Health
- Goal-directed evidence-based psychoeducation, brief individual therapy, & self-improvement webinars
- **STUDENT MENTAL HEALTH**
  - [www.uregina.ca/student/counselling/](http://www.uregina.ca/student/counselling/)

### Rapid Access Counselling
- Combines counselling from a Mental Health Coach with therapy workbooks
- **CANADIAN MENTAL HEALTH ASSOCIATION: BounceBack**
  - [www.bounceback.cmha.ca/about-bounceback/](http://www.bounceback.cmha.ca/about-bounceback/)

### Student Health Services
- Primary healthcare services provided by Registered Nurse Practitioners
- **STUDENT HEALTH SERVICES**
  - Phone #306-337-2200
  - [www.uregina.ca/wellness-centre](http://www.uregina.ca/wellness-centre)

### Alliance Medical Centre
- "Walk-in" healthcare clinic located nearest to the University Campus
- **ALLIANCE MEDICAL CENTRE**
  - Phone #306-271-2414
  - 1101 Kramer Blvd.

### 211 Saskatchewan
- Searchable database of supportive services that covers a wide variety of needs
- **211 SASKATCHEWAN**
  - Call or text #211
  - sk.211.ca

### Student Mental Health
- Confidential consultations & resolution options
- **RESPECTFUL UNIVERSITY SERVICES**
  - [www.uregina.ca/hr/respectful-university-services/](http://www.uregina.ca/hr/respectful-university-services/)
  - Email: Respect@uregina.ca

### Addictions Services
- Counselling, group therapy & more through the SK Health Authority
- **ADDICTIONS SERVICES**
  - Phone #306-766-6600

### Regina Sexual Assault Centre
- Confidential text-only support from Indigenous Peer Advocates living in Sask
- **TALKING STICK App**
  - [my.talkingstick.app](http://my.talkingstick.app)

### Saskatchewan 211
- Support, resources, Knowledge Keepers & more
- **TA-TAWâW STUDENT CENTRE**
  - 108 Research & Innovation Centre

### Alliance Medical Centre
- Information, supports, tools, resources & more to help students with medical, physical or mental health diagnoses
- **ACCESSIBILITY HUB**
  - [www.uregina.ca/accessibility/](http://www.uregina.ca/accessibility/)

### Student Services
- Searchable database of supportive services that covers a wide variety of needs
- **ACCESSIBILITY HUB**
  - [www.uregina.ca/accessibility/](http://www.uregina.ca/accessibility/)

### Student Health Services
- Information, supports, tools, resources & more to help students with medical, physical or mental health diagnoses
- **ACCESSIBILITY HUB**
  - [www.uregina.ca/accessibility/](http://www.uregina.ca/accessibility/)

### Accessible Housing
- Confidential consultations & resolution options
- **RESPECTFUL UNIVERSITY SERVICES**
  - [www.uregina.ca/hr/respectful-university-services/](http://www.uregina.ca/hr/respectful-university-services/)
  - Email: Respect@uregina.ca

### Accessible Housing
- Counselling, advocacy & support
- **REGINA SEXUAL ASSAULT CENTRE**
  - [www.reginasexualassaultcentre.ca](http://www.reginasexualassaultcentre.ca)
  - Phone # 306-522-2777

### Regina Sexual Assault Centre
- Counselling, advocacy & support
- **REGINA SEXUAL ASSAULT CENTRE**
  - [www.reginasexualassaultcentre.ca](http://www.reginasexualassaultcentre.ca)
  - Phone # 306-522-2777

### Regina Sexual Assault Centre
- Events, education, peer supports & more available to both student and community members
- **UR PRIDE**
  - [www.urpride.ca](http://www.urpride.ca)
  - Email: contactus@urpride.ca