



University of Calgary Resources and Supports

In an emergency, please dial 9-1-1.

Foothills Campus Resources

Office of Resident Affairs and Physician Wellness

Health/wellness resources, counselling, occupational therapy, peer support programs for residents.
Health Sciences Centre Room G259
3330 Hospital Drive NW
Email: residentwellness@ucalgary.ca
Phone: 403-210-6525

Student Advocacy & Wellness Hub (SAWH)

Counselling, peer support, advocacy support, other health/wellness/education supports. For all CSM students with the exception of residents and fellows.
Health Sciences Centre Room G740
3330 Hospital Drive NW
MD learners: md.studentaffairs@ucalgary.ca
All CSM learners: sawhub@ucalgary.ca
Phone: 403-220-3796

Directors of Resident Support (DRS)

Provides CSM residents listening, help with navigating reporting, and referrals to other resources.

Sexual Violence Educator (Cumming School of Medicine & Alberta Health Services)

Dr. Kiara Mikita, PhD
Education, workshops, consultation, and capacity building on sexual violence topics.
Email: sve.csm@ucalgary.ca
Phone: 403-220-8435



University of Calgary Resources and Supports

General University Resources

Student Wellness Services

Counselling, mental health and well-being services for all University of Calgary learners.
Macewan Student Centre Rm MSC370
2500 University Drive NW
Phone: 403-210-9355

Sexual Violence Support Advocate

Provides a variety of supports for University community members impacted by sexual/gendered violence
Macewan Student Centre Rm MSC 488
2500 University Drive NW
Email: svsa@ucalgary.ca

UCalgary Women's Resource Centre

Peer support services and other resources
Macewan Student Centre Rm MSC 482
2500 University Drive NW
Email: women@ucalgary.ca

Writing Symbols Lodge

Academic, personal, and cultural support services and programs to prospective and current First Nations, Métis, and Inuit students
Macewan Student Centre Rm MSC 390Z
2500 University Drive NW
Email: writingsymbolslodge@ucalgary.ca
Phone: 403-220-6034

Employee & Family Assistance Plan

Counselling, financial and legal consultation, etc., for University of Calgary employees.
Phone: 1-866-424-0699

Mental Health Consultant/Staff Wellness

Mental health resources for faculty and staff
Phone: 403-220-7174
Email: mhconsultant@ucalgary.ca



Community Resources and Supports

If you would prefer to have an off-campus resource or would like to be seen sooner than CSM can offer, please see additional resources available to support you and/or your family's mental health. (Please note: This is not an endorsement of any of these spaces.) Your family doctor may also have access and offer no cost counselling through their clinic or Primary Care Network. Please remember if in an emergency, call 911 or present to your nearest Emergency Department.

9-8-8 Suicide Crisis Helpline

Offers bilingual support for individuals who are dealing with thoughts of suicide or are worried about someone who is struggling.

24-hour call or text line: 988

The Distress Centre

Crisis support:

24-hour Crisis Line: 403-266-4357, 403-543-1967 (hearing impaired)

Online chat: <https://distresscentre.com/crisis-counselling/>

Counselling:

Free counselling with registered social workers for individuals, children/youth, families, couples and groups. In person counselling also available, form completion required:

<https://www.preenrollment.info/form/distresscentrecalgary>

Alberta Health Services Urgent Care Mental Health

Urgent mental health services with no appointment required.

Sheldon M Chumir: 1213 4th Street SW, Calgary, AB.

8:00am-10:00pm 7 days a week. 403-955-6200.

South Calgary Health Centre: 31 Sunpark Plaza SE, Calgary, AB.

Mental Health Urgent Care: 8:00am-10:00pm 7 days a week. 403-943-9383

Mental Health Walk-In: 4:00pm-07:00pm Mon-Thurs & 9:00am-12:00pm Friday. 403-943-1500.

Alberta Health Services Mental Health Help Line

24-hour line: 1-877-303-2642

24-hour Addiction Helpline: 1-866-332-2322

Staffed by multidisciplinary team including nurses, psychiatric nurses, social workers, occupational therapists and psychologists.

Provides support, information and referrals for Albertans experiencing mental health concerns.



Community Resources and Supports

Hope for Wellness Line

Immediate telephone and online culturally competent counselling for Indigenous peoples across Canada
24-hour line: 1855-242-3310
Online chat: <https://www.hopeforwellness.ca>

Calgary Communities Against Sexual Abuse

Provides support to anyone impacted by sexual violence, including support people, using a trauma specialized approach. Offers free counselling for up to 14 sessions.
Support line: 403-237-5888 9am-9pm
Online chat: <https://calgarycasa.com/support-services/counseling/>

Eastside Community Mental Health Services

Offers immediate no-cost, mental health support from an integrated ethnocultural team via phone, livechat and walk-in. Counselling available in Arabic, Cantonese, Farsi, French, Hindi, Korean, Malayalam, Punjabi, Spanish, Tagalog, Urdu.
Phone: 403-299-9699 8am-11pm
Walk in: Tuesdays 11am-7pm, Thursdays 11am-6pm, Saturdays 11am-5pm

YWCA

Offers individual, group and family counselling with a focus on the prevention and treatment of family violence. Counselling provided on a sliding scale. Also offers shelter services.
24-hour crisis line: 403-266-0707
Counselling intake line: 403-536-2844

Jewish Family Service Calgary

Services open to all individuals needing mental health support. Includes short-term therapy provided by a registered psychologist. Three sessions are free of charge, thereafter a sliding scale is used for up to 10 sessions.
Mental Health Support Line: 403-287-3511

Canadian Muslim Counselling

Provides online counselling from holistic, empathetic, and Islamic perspectives. Limited capacity to provide sliding scale services. Multiple languages available.
Phone: 437-886-6309



Community Resources and Supports

Kindred (formerly Catholic Family Service of Calgary)

Rapid access counselling for all on an affordable fee model. Counselling is free for families, individuals under 18 and caregivers to individuals under 18. Also has focused programs and services available for families with youth experiencing challenges.

Phone: 403-233-2360

Online: <https://www.kindred.ca/need-help/>

Naseeha Mental Health Helpline for Muslims

Provides 24/7 helpline, online therapy programs, and educational initiatives. Free and low cost options available.

24/7 Phone: 1-866- 627-3342

Pay what you can afford or sliding scale counselling options:

Calgary Counselling Centre: Registration line 1-833-827-4229, Main line 403-265-4980

Carya Calgary: Registration line 403-205-5244, focused on family and senior (>65) counselling

Insight Counselling and Therapy Services: Registration line 403-210-0334

Other support line phone numbers:

Family Violence Info Line: 403-310-1818 24 hours (Available in 170 languages)

Calgary Elder Abuse Resource Hotline: 403-705-3250 24 hours

Calgary Women's Emergency Shelter: 403-234-7233 (SAFE) 24 hours

Alberta Abuse Hotline: 1-855-443-5722



Community Resources and Supports

Physician Specific Resources

Physician & Family Support Program

'Provides confidential support and help with personal health issues and enhances the quality of patient care and public safety by promoting health and well-being for the medical profession that cares for all Albertans.' Eligible to physicians, residents and medical students and their immediate family (spouse/partner and dependent children under 25.)

24-hour line: 1-877-767-4637

WellDoc Alberta

Offers education and training to peer support teams aimed at enhancing literacy and awareness about physician wellness.

Not sure what you need?

You can dial or text 2-1-1 to speak with an Information and Referral specialist or search the online community resource directory at <https://ab.211.ca/>