



UNIVERSITY OF
CALGARY

Campus Wellness Resources for UCalgary Students

Reaching out for support is a key step to supporting your mental health and wellbeing and there are a number of campus resources that are here for you.

STUDENT WELLNESS SERVICES (3rd floor MacEwan Student Centre, 403-210-9355) has a variety of mental health services that are free and available to UCalgary students, including:

WELLNESS ONLINE:

self-help tools, resources, and videos available 24/7

WELLNESS WORKSHOPS:

50 minute workshops on a variety of wellness topics

MENTAL HEALTH EDUCATION

GROUPS: workshop series on a variety of mental health topics

HEALTH PROMOTION & OUTREACH:

programs and initiatives focused on student wellness

PEER SUPPORT:

trained volunteers across campus offices available to support students

MENTAL HEALTH TRAINING:

teaches skills to support your own and others wellbeing

COORDINATED CARE:

Student Support Advisors (SSAs) can help students manage stressors and navigate resources. SSAs can support with general concerns, and we also have SSAs who specialize in the following areas:

- **Indigenous Wellness Support**, in collaboration with [Writing Symbols Lodge](#)
- **Harm Reduction Support**
- **Neurodiversity Support Advising**
- **Student At Risk:** if you are concerned about a peer or friend

COUNSELLING:

support with a variety of mental health and wellbeing concerns

AFTER HOURS SUPPORT:

24/7 mental health support available through community partners

MEDICAL SERVICES:

medical care and education on a variety of health concerns

NOTE: Coordinated Care, Counselling, and Medical appointments can be booked online through the links above. **CLICK HERE** to learn more about our mental health team. Most services are available both virtually and in-person, and a private space in Student Wellness Services can also be available for students to use or virtual appointments.

Additional supports are also available across campus:

SEXUAL & GENDER-BASED VIOLENCE SUPPORT OFFICE:

available to anyone in the campus community who has been affected by sexual or gender based violence

svsa@ucalgary.ca

UCALGARY RECOVERY COMMUNITY:

If you are questioning your relationship with substances or addictive behaviors, in recovery, or seeking recovery from addiction, The UCalgary Recovery Community is an inclusive peer-driven space supporting recovery, building community, and reducing addiction stigma on campus.

@ucalgary_wedorecover | recoverycommunity@ucalgary.ca

Please note that this is not an exhaustive list of campus resources. **CLICK HERE** for more information about on and off campus resources. Concerned about another student? **CLICK HERE** for more information on helping others.

We recognize that reaching out and accessing resources can feel overwhelming. If you are unsure where to start or have questions, we recommend booking an appointment with a **Student Support Advisor** as a first step. Whether you are feeling stressed, are experiencing mental health challenges, are feeling lonely, or are dealing with financial pressures (just a few examples!) our SSAs are there to help with any issue, and can help you navigate and connect with additional on and off campus resources.

*For more information on UCalgary's commitment to the importance of mental health and wellbeing for students, staff, and faculty, as well as mental health initiatives across our campus community, please visit the **Campus Mental Health Strategy Website**.*