

Taking Care of Health and Wellness



Accessing Physical Health Supports

In Calgary or Alberta (*need AB provincial health insurance)

- U of C Student Wellness Services - [Medical Services](#) by calling 403-210-9355 (option 3)
 - Triage by nurse and referral to virtual or in-person appointment
 - Medical care, preventative medicine, medical procedures
 - Access to [massage therapy](#) and [chiropractic services](#)
- Know your [Health Care Options in Alberta](#)
- Alberta Health Services [Find a Doctor](#)
- Call 8-1-1 for [Health Link](#) for 24/7 advice and referral to appropriate resources
- Find nearest [Urgent Care](#) or [Emergency Centre](#)

In Canada (*need provincial health insurance)

Please contact the [local health authority](#) in the province that you are residing in to access a local health clinic, urgent care centre, or emergency centre for medical support and physical health resources.

Outside of Canada

Please contact the local health authority in the country that you are residing in to access a local health clinic, urgent care centre, or emergency centre for medical support and physical health resources.



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Accessing Mental Health Supports

In Calgary or Alberta

- U of C Student Wellness Services - [Mental Health Services](#) by calling 403-210-9355
 - [Counselling](#) for clinical support (brief and single session)
 - [Student support](#) for helping manage stress and provide different resources
 - [Wellness online, workshops, group counselling, peer support](#)
 - [EmpowerMe](#) for Graduate students
- 24-hour Crisis Lines (access to other services as well)
 - [Calgary Distress Centre](#) at 403-265-4357
 - [Eastside Family Centre](#) at 1-800-563-6106
 - [Mental Health Helpline](#) at 1-877-303-2642
- AHS - [Access Mental Health](#) for information, consultation and referrals for people with addiction or mental health concerns at 1-844-943-1500
- Canadian Mental Health Association - [Recovery College Calgary](#) for various online group programming related to various themes (e.g. relationships, boundaries, balance, coping)

In Canada

- U of C Student Wellness Services [Mental Health Services](#) by emailing sar@ucalgary.ca
 - Counselling *limited due to professional regulations for out-of-province students
 - [Student support](#)
 - [Wellness online, workshops, group counselling, peer support](#)
 - [EmpowerMe](#) for Graduate students
- 24-hour Crisis Lines
 - [Kids Help Phone](#) (5-20 y.o) at 1-800-668-6868
 - [Crisis Services Canada](#) at 1-833-456-4566 or text 45645 (4pm-12am ET)
- Call [2-1-1](#) for referrals to community, government, and social services within location
- Canadian Mental Health Association - [Recovery College Calgary](#) for various online group programming related to various themes (e.g. relationships, boundaries, balance, coping)
- [Wellness Together Canada](#): get connected to a mental health professional
- [Togetherall](#): an anonymous online community for support, monitored by professional helpers with discussion boards, resources, and tools about mental health



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Outside of Canada

- Certain resources at U of C Student Wellness Services [Mental Health Services](#)
 - Student support ** Limited due to professional regulations for out-of-country
 - [Wellness online](#), [workshops](#), [peer support](#)
 - [EmpowerMe](#) for Graduate students
- Canadian Mental Health Association - [Recovery College Calgary](#) for various online group programming related to various themes (e.g. relationships, boundaries, balance, coping)
- [Togetherall](#): an anonymous online community for support, monitored by professional helpers with discussion boards, resources, and tools about mental health

Please contact your local health authority in the country that you are residing in to access local mental health supports and resources available.