

STUDENT HEALTH PLANS

Undergraduate Student Health Plan & Graduate Students Health Plan

The STUDENTCARE health plans for both graduate and undergraduate students at the University of Alberta pays 80% of the cost for a psychologist or social worker visit, up to \$800 per year.

Undergraduate Student Health Plan:

http://www.studentcare.ca/rte/en/IHaveAPlan_UniversityofAlbertaUndergraduateStudentsSU_Home

Graduate Student Health Plan:

www.studentcare.ca/rte/en/UniversityofAlbertaGraduateStudentsGSA_Home

Undergraduate Student Health Plan: Empower Me

1-833-628-5589 (24-hour intake)

- Accessible to all students who are enrolled in the **Undergraduate Student Health Plan**.
- Empower Me is a confidential mental health support service available 24/7, 365 days/year.
- Empower Me has a number of professionals with various domains of expertise, including psychology, psychotherapy, social work, nutrition, etc.
- You can access services via telephone, videoconference, or in person.
- The service is confidential, multilingual, culturally sensitive, gender inclusive, faith inclusive.

www.studentcare.ca/rte/en/IHaveAPlan_UniversityofAlbertaUndergraduateStudentsSU_EmpowerMe_EmpowerMe

Graduate Student Assistance Program: Homewood Health

1-800-663-1142 (24-hour intake)

- Accessible to all graduate students at the University of Alberta.
- Confidential professional counselling for a broad range of personal problems. Several other lifestyle, career, and health-related services also available.

<http://www.ualberta.ca/graduate-students-association/services/graduate-student-assistance-program.html>

Your Own Health Plan

Counselling may be covered under your or a family member's EAP (employee assistance program) health plan. For more information, explore the coverage details of the plan.

CRISIS INTERVENTION, HELPLINES AND SPECIALIZED SUPPORT

In case of life threatening emergencies, please call 911 or proceed directly to the Emergency Department of the nearest hospital.

Addiction & Mental Health Access 24/7

780-424-2424

13211 Fort Rd NW

Access 24/7 is a single point of access to adult addiction and mental health community based programs. They provide a range of urgent and non-urgent addiction and mental health services including service navigation, screening, assessment, referral, consultation, crisis intervention, outreach and short term stabilization. Open 24/7 and clients can access services in person or over the phone.

Distress Line, The Support Network

780-482-4357 (HELP)

Confidential listening and support for those in crisis or distress.

AHS Mental Health Help Line

1-877-303-2642

211 Edmonton

211 or 780-482-4636

www.ab.211.ca

Health Link

811

Sexual Assault Centre of Edmonton

780-423-4121

For survivors (and their families) of past and current sexual assault and sexual abuse.

www.sace.ca

Edmonton Women's Shelter (WIN House)

780-479-0058

For women who are abused or under the threat of abuse.

www.winhouse.org

Lurana Shelter

780-424-5875

For women with or without children and are victims of domestic violence or threat of abuse.

www.cssalberta.ca/Our-Services/Domestic-Abuse-Shelters-Support/Lurana-Shelter

SLIDING SCALE / REDUCED COST COUNSELLING

Faculty of Education Clinical Services, University of Alberta

780-492-3746

Education North, 1-135

Offers various testing and counselling services to individuals, families, and couples by graduate students in counselling. \$50 per session for University of Alberta students.

*Open September - April only.

www.ualberta.ca/educational-psychology/clinical-services/index.html

YWCA

780-970-6501

10402 124 Street NW

Offer individual counseling, with experience in various areas including: complex trauma, domestic violence, eating disorders, addictions, anxiety and EMDR. Sliding scale \$5-\$200 dependent on individual's income.

www.ywcaofedmonton.org/programs-and-services/counselling-centre

Community Counselling Centre

780-482-3711

#202, 10534 124 Street NW

Offers a relational approach to counselling for adults, children, couples, families and groups. Sliding Scale (\$35- 170).

www.communitycounsellingcentre.ca

Cornerstone Counselling Centre

780-482-6215

#400, 10230 142 Street NW

Both faith-based and secular services aimed at promoting wholeness of life through counselling, education, assessment, and training. Accepts insurance. Sliding Scale (\$70-170 for income < \$100k/year; \$20-50 with a practicum student for income < \$50k/year).

www.cornerstonecounselling.com

The Family Centre

780-306-0883

#20, 9912 106 Street NW

Provides counselling, various in-home support services, and group programs to families, couples, and individuals. No fee for the first session. \$180 after first session - subsidized counselling is available.

www.familycentre.org/counselling

Momentum Counselling

780-757-0900

#132, 6325 Gateway Blvd

Single session, sliding scale counseling. An appropriate service for those looking for strategies that can be used to problem solve or help cope with a stressful situation, or for those who want to simply be listened to with understanding and without judgment. The service takes about 2 hours and follow up sessions may be offered on a short term basis. Sliding scale (\$40-\$200) is dependent on individual's monthly income.

www.momentumcounselling.org

Drop-In YEG

Offers FREE drop-in single session counselling services provided by Intern Therapists who are completing their Masters or PhD. Offers individual, partners and family therapy, and includes referrals to additional services if necessary. Availability at specific locations and dates can be found on the website.

www.dropinyeg.ca

Psychologists' Association of Alberta (PAA) Referral Service

780-424-0294

Therapists who offer discounted rates for students can be searched through the PAA online referral service.

www.psychologistsassociation.ab.ca/referrals

2SLGBTQIA+ RESOURCES

The Flyrefly Institute for Gender and Sexual Diversity

780-492-0772

7-104 Education North Building

Supports the needs and concerns of sexual-minority students at the University of Alberta.

www.ualberta.ca/flyrefly-institute/index.html

Pride Centre of Edmonton

780-488-3234

10618 105 Avenue NW

Provides resources regarding gay, lesbian, bisexual, and transgender issues. Offers solution-focused counselling; specializes in sexual orientation and identity. No fee.

www.pridecentreofedmonton.ca

The Landing

780-492-4949

0-68A SUB

The Landing is a Students' Union service at the University of Alberta main campus that offers support for gender and sexual diversity.

www.su.ualberta.ca/services/thelanding

University of Alberta Services:

U of A Student Services are here to support you!

Please refer to <https://www.ualberta.ca/campus-life/health-wellness-services.html> for all services to learn about how students are being supported across campus.

University of Health Centre

780-492-2612

2-200 SUB

Walk-in health clinic open to students, their immediate family members, academic and non-academic staff. Virtual and in-person support available.

www.ualberta.ca/services/health-centre/index.html

Wellness Supports

780-492-1619

2-300 SUB

Wellness Supports has a team of Social Workers providing supportive care management services to students on a one-to-one basis.

www.ualberta.ca/current-students/wellness-supports/index.html

Sexual Assault Centre

780-492-9771

2-705 SUB

Offers crisis intervention, support, and information for survivors of sexual assault and their supporters. Phone or walk-in.

www.ualberta.ca/current-students/sexual-assault-centre/index.html

Academic Success Centre

780-492-2682

1-80 SUB

Resources for writing, studying, and time management as well as academic accommodations.

<https://www.ualberta.ca/current-students/academic-success-centre/index.html>

Career Centre

780-492-4291

2-100 SUB

Resources for career planning and finding work.
www.ualberta.ca/career-centre/index.html

Peer Support Centre

780-492-4357

2-707 SUB

Offers confidential and non-judgmental supportive listening or crisis intervention by phone, Zoom, or walk-in.

www.su.ualberta.ca/services/psc

First Peoples' House

780-492-5677

2-400 SUB

Offers many programs/services for Indigenous students.

www.ualberta.ca/current-students/first-peoples-house/index.html

Office of the Student Ombuds

780-492-4689

2-702 SUB

Information, advice, and support to students as they deal with academic, discipline, interpersonal, and financial issues related to student programs.

www.ualberta.ca/current-students/ombuds/index.html
