Recovery On Campus

COLLEGIATE RECOVERY PROGRAMS

Engage – Innovate – Inspire

*Recovery On Campus* is an Alberta-wide peer driven organization for Students, faculty, & staff. We're committed to normalizing & celebrating all recovery pathways.

- Program set-up mentorship & coaching
- Access to ROC's community practice
- Recovery 101 virtual training
- Peer-support
- Seed grants
- Awards for lived experience campus members

www.rocalberta.ca  @ROCalberta
Recovery On Campus
Engage – Innovate – Inspire

Collegiate Recovery Programs

Our Peer Support is a safe space for people to explore their relationship with addiction. We believe in multiple pathways to increased health including peer support groups and developing your individual health goals.

**STUDENTS** Wednesday & Sunday at 7pm

Learn more at [www.rocalberta.ca](http://www.rocalberta.ca)
Email us at coordinator@recoveryoncampusalberta.ca

Follow us @ROCAlberta
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Collegiate Recovery Programs

Our Peer Support is a safe space for people to explore their relationship with addiction. We believe in multiple pathways to increased health including peer support groups and developing your individual health goals.

Family, friends, & allies
Thursdays 12:00 - 1:00 pm

Learn more at www.rocalberta.ca
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ROC TALKS: Healing from Diet Culture

GUEST PRESENTERS

Dr. Jenny Godley
Elizabeth Tingle

Wed, Sep. 20 12:00 PM - 1:00 PM MDT
Campus & Calgary Mental Health Resources

Campus Resources – Students

If there appears to be an immediate risk of harm to oneself or others, call 911.

Campus Security – 24 hour support / Safewalk
403-220-5333

Student Wellness Services
https://www.ucalgary.ca/wellness-services
MSC 370 on the 3rd floor of MacEwan Student Centre
To access mental health support, please call 403-210-9355
Appointments for counselling can also be booked online by visiting:
https://www.ucalgary.ca/wellness-services/services/mental-health-services/counselling
Hours: 9am-4:30pm, Monday-Friday
Note: if you require availability outside of these hours, please call to check in about this

- One-on-one support (medical care, coordinated care, counseling)
- Education (online learning, workshops/training, group programs, health promotion)
- Referrals (to specialized or long-term mental health support resources in the community
  & to other departments and offices on campus that can help)

If you call Student Wellness Services after hours – you can access 24/7 mental health support
from Distress Centre or Wood’s Homes Community Resource Team

*If you are a student who is currently studying off-campus in another province or country,
please visit: https://www.ucalgary.ca/wellness-services/services/services-off-campus-students
or contact our Distant Student Support Advisor at distancesupport@ucalgary.ca and indicate
the where you are currently located.

Student at Risk Team
https://www.ucalgary.ca/wellness-services/services/mental-health-services/student-risk-team
403-220-4923
SAR@ucalgary.ca
Hours: Mon-Fri 9am – 4:30pm
- A multidisciplinary team on campus that responds to reports of concern about students
  at risk. Any student, faculty, staff, or post-doctoral scholar can contact the team with
  concerns about students.
- The team conducts a risk assessment, engages with the student as soon as possible and
  helps connect them with support
Campus Resources- Employees

Wellbeing & Worklife (Employees)
https://www.ucalgary.ca/risk/staff-wellness/wellbeing-worklife
wellbeing@ucalgary.ca
- A portfolio of Human Resources that helps engage employees in managing their work lives to achieve and maintain overall wellbeing.

Staff Wellness
https://www.ucalgary.ca/risk/staff-wellness
403-220-2918
staffwellness@ucalgary.ca
Math Sciences building, 2nd floor

Staff Wellness aims to promote, support and sustain the health and wellness of faculty and staff at the University of Calgary so they can perform at their best. This is accomplished by promoting practices to safeguard and optimize health, supporting employees, maximizing function and aiding in recovery from occupational and non-occupational illness or injury.

Through Staff Wellness, employees can access a Mental Health Consultant (Amanda Habiak-amanda.habiak@ucalgary.ca; 403-220-7174) for mental health support and resources. For more information, visit: https://www.ucalgary.ca/risk/staff-wellness/wellbeing-worklife/mental-health/mental-health-consultant

Homewood Health Employee and Family Assistance Plan (EFAP)
https://www.ucalgary.ca/risk/staff-wellness/wellbeing-worklife/employee-family-assistance-plan
Available 24/7
Toll Free English: 1-800-663-1142
Toll Free French: 1-866-398-9505
TTY: 1-888-384-1152
International: 604-689-1717
Homewood Health Online: www.homeweb.ca – A chat function is offered through their website.

Homewood Health is a confidential service available to employees and their dependents at no cost, to help manage work and personal life. They offer counselling, coaching, resources, information and support for all types of issues relating to mental health, health management and achieving greater personal and workplace wellbeing.
Community Resources

If there appears to be an immediate risk of harm to oneself or others, call 911.

Helplines, online chat, and text messaging services

Distress Centre Calgary – 24/7/365
403-266-HELP (4357)
403-264-TEEN (8336) for ConnecTeen
www.distresscentre.com
• Over-the-phone, text and online chat crisis intervention and referrals
• Limited walk-in counseling options (Due to COVID-19, counselling services are currently available by phone and video)
• Can activate the Mobile Response Team (24/7) for urgent psychiatric assessments, trauma response, and professional consultation
  o The Mobile Response Team comprises psychologists, social workers, and registered nurses. They are plain clothes workers.
  o They provide mental health crisis assessment and are able to meet individuals anywhere in the city.
  o **When would I call the MRT?** When someone with suicidal ideation does not want to complete a safety plan, when someone has suicidal plans but is not ready to enact that plan. When the person you are working with is receptive to help and support.
  o MRT has access to AHS medical record (of an urgent or emergency records) so can work with the person’s history and know their important points. They cannot expedite someone on the waitlist.
  o They are not able to involuntarily commit someone.
  o You can call the MRT for professional consultation.

Togetherall (24/7)
A free, online network that delivers anonymous, peer-to-peer mental health services. Togetherall is free to all post-secondary students and all Alberta residents aged 16+
https://togetherall.com/en-ca/

Canada Suicide Prevention Service (CSPS)
Nationwide crisis response for anyone affected by suicide
1-833-456-4566 (24/7) or text 45645 (2pm-10pm MST)
http://www.crisisservicescanada.ca/
Kid’s Help Phone
1-800-668-6868 (24/7)
Text message chat available – text CONNECT to 686868
Live chat temporarily closed - https://kidshelpphone.ca/

Hope for Wellness Helpline
The Hope for Wellness Help Line offers immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada.
1-855-242-3310 (24/7)
Online chat available- https://www.hopeforwellness.ca/

211 Alberta (24/7)
Free, confidential, multilingual information and referral system. Connect to a specialist who can provide you with information about community resources and supports.
Dial 2-1-1 or visit http://www.ab.211.ca/ to utilize online chat / search directory features
Text INFO to 211

Access Mental Health
A non-urgent phone line answered by clinicians to help people navigate the addictions and mental health systems in Calgary.
403-943-1500
mental.health@albertahealthservices.ca

International SOS
1.215.354.5000 (call collect)
Services available 24 hours a day, 7 days a week, 365 days a year.
This includes international assistance for all individuals travelling on university business. It also includes an emotional support program for students, postdocs, interns, externs, and volunteers. Employees are offered this service through Homewood Health.
Download the International SOS app on your smartphone to access resources. You will need the UCalgary membership number (27AYCA093142) to complete the download.
sos@international.gc.ca

Counseling Services & Urgent Care

Community Connect YYC
Partnership of agencies with the aim of connecting Calgary’s communities with affordable and barrier-free access to phone or video counseling sessions. Sessions bookable online.
Services include rapid-access counseling, suicide bereavement, family support for those supporting someone with a mental illness, counseling for children and families, low-income family supports, and sexual health counseling.
For more information and to book an appointment, visit- https://www.communityconnectyycc.ca/
Wood’s Homes Eastside Family Centre
403-299-9699
1-800-563-6106 (24/7 crisis support via phone)
587-315-6106 (Text 9:00am-10:00pm)
Live chat https://www.woodshomes.ca/ (9:00am-10:00pm)
Locations:
Main Office– 255 495 36 St NE, Calgary AB T2A 6K3 (Northgate Village Mall)
Wood’s Homes Inglewood Campus– 1008 14 Street SE
Calgary Central Library (Wellness Desk)– 800 3 Street SE
Mobile Family Crisis Support available in clients’ backyards, virtual therapy, or at one of 3
Wood’s Homes office locations. To access, call 403-299-9699.
Mental Health System Navigation services can be accessed by phone, text, or live chat
https://www.woodshomes.ca/programs/eastside-community-mental-health-services/
Single-session counseling and extended services (up to 6 sessions) at no-cost, no appointment
required. Currently being offered virtually (phone or video). To access, call 403-299-9699
Therapy via email is also available.

Calgary Counselling Centre
Suite #1000-105, 12 Avenue SE Calgary AB T2G 1A1
You can register for counseling via the online form at
https://onlineintake.calgarycounselling.com/ or by calling 833-827-4229 Monday-Friday from
9:00am-4:00pm
Monday – Thursday: 8:30am – 7:30pm
Friday: 8:30am – 5:00pm
Saturday: 9:00am – 3:30pm
Payment is on a sliding scale (between $8 and $180 depending on income)
Appointments are needed. No drop ins.
Note: Currently all services and counselling programs are being offered online due to COVID-19

South Calgary Health Centre Mental Health Urgent Care
31 Sunpark Plaza SE, Calgary AB T2X 3W5
403-943-9383
Open every day from 8:00am – 10:00pm, no appointment required

Sheldon Chumir Mental Health Urgent Care
1213 4 St SW, Calgary AB T2R 0X7
403-955-6200
Open every day from 8:00am – 10:00pm, no appointment needed
Canadian Mental Health Association – Calgary Region Suicide Bereavement Program
One-on-one, weekly evening drop-in support groups, and structured therapeutic groups available for those over the age of 18. Fee for service (sliding-scale) with trained grief counsellors specializing in those impacted by suicide.
Intake #: 403-297-1708; info@cmha.calgary.ab.ca, counsellingintake@cmha.calgary.ab.ca

Note: CMHA Calgary main office is completely closed due to the COVID-19 pandemic. All non-critical programming is suspending until further notice.

Online and self-help resources

Mental Health Commission of Canada
Toolkit for people who have been impacted by a suicide loss:

Toolkit for people who have been impacted by a suicide attempt:

Centre for Suicide Prevention
Fact sheets and workshop/training opportunities for suicide prevention and awareness-raising
https://www.suicideinfo.ca/resources/

Canadian Association for Suicide Prevention
Online Resource – Surviving with Suicide Grief
https://suicideprevention.ca/bereaving-from-suicide

Canadian Mental Health Association Online Resources:
https://cmha.ca/documents/preventing-suicide

For more on-campus and off-campus resources, visit:
https://www.ucalgary.ca/wellness-services/helping-myself