

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

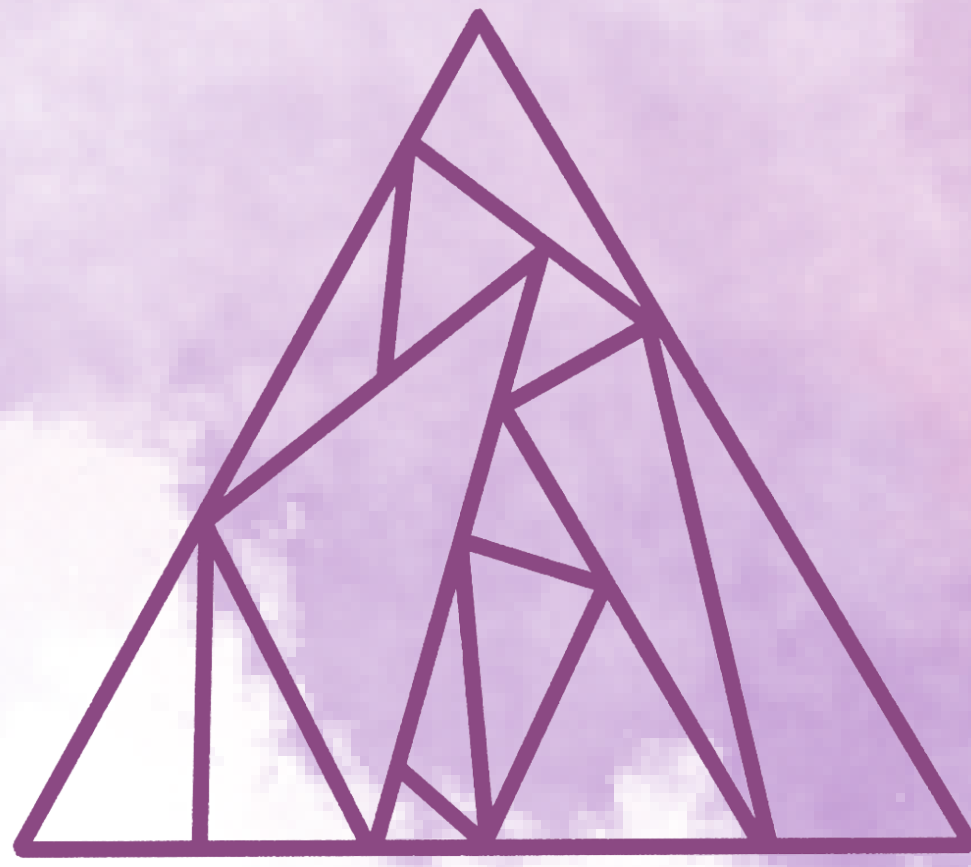
Awards for lived experience campus members



www.rockalberta.ca

@ROCalberta





Recovery On Campus

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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.

STUDENTS Wednesday & Sunday at 7pm

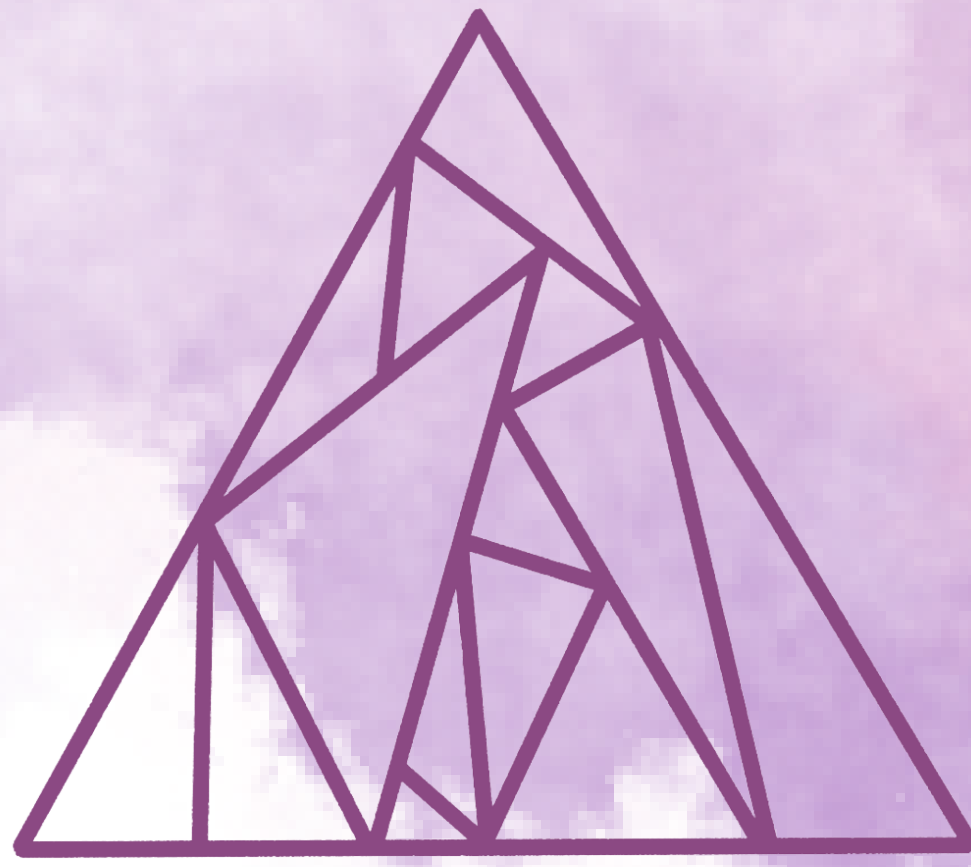


Learn more at www.rocalberta.ca

Email us at coordinator@recoveryoncampusalberta.ca

Follow us @ROCalberta





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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



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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
 - The Mobile Response Team comprises psychologists, social workers, and registered nurses. They are plain clothes workers.
 - They provide mental health crisis assessment and are able to meet individuals anywhere in the city.
 - **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.
 - 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.
 - They are not able to involuntarily commit someone.
 - 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.communityconnectyyc.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

*Wellness Desk hours & drop-in support available- <https://calgarylibrary.ca/read-learn-and-explore/central-library/level-3/wellness-desk/>

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:

https://www.mentalhealthcommission.ca/sites/default/files/2019-03/suicide_loss_toolkit_eng.pdf

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

https://www.mentalhealthcommission.ca/sites/default/files/2019-03/suicide_attempt_toolkit_eng.pdf

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>