

HELPING RESOURCES

A quick referral guide

ON CAMPUS

Counselling & Clinical Services

2-600 SUB

780-492-5205

First Peoples' House

2-400 SUB

780-492-5677

Interfaith Chaplains Association

3-02 SUB / 169 HUB

780-492-0339

International Services Centre

142 Telus Centre

780-492-2692

Peer Support Centre

2-707 SUB

780-492-4268

Sexual Assault Centre

2-705 SUB

780-492-9771

University Health Centre

2-200 SUB

780-492-2612

Wellness Supports

2-300 SUB/ CAB 289

780-492-1619



UNIVERSITY
OF ALBERTA

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OFF CAMPUS

211 Alberta
(24-hr)

2-1-1

Alberta Mental Health Help Line
(24-hr)

1-877-303-2642

Canadian Mental Health Association
(24-hr)

780-482-HELP (4357)

Community Urgent Services &
Stabilization Team (24-hr)

780-342-7777

First Nations and Inuit Hope
for Wellness Help Line

1-855-242-3310

Health Link Alberta
(24-hr)

8-1-1

Kids Help Phone
(24-hr)

1-800-668-6868

Today Family Violence
Help Centre

780-455-

6880

If there is risk of
immediate harm to self or others

CONTACT 9-1-1