
Mental Health Resources

Note: This is a working document that will be updated over time as more resources become available. I am still learning as I navigate different situations and I am by no means an expert in any of these topics. Therefore, if you would like to share a resource with me or provide additional information, please email me at msarai@ualberta.ca. I appreciate any and all feedback and hope that this document can help you navigate your own situations and know that you are supported.

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General Resources for Getting Started

There are many resources available from the University of Alberta to support you and your mental health.

1. The FoPPS Student Services team is a great starting point to get connected with appropriate resources and support systems.
 - Email phstud@ualberta.ca for more information
2. The [University of Alberta Mental Health Supports for Students](#) page has many resources tailored to your specific needs.
 - [Wellness Supports](#)
 - [Counseling and Clinical Services](#)
 - [First Peoples' House](#)
 - [International Student Services](#)
 - [The Landing](#)
 - [Peer Support Centre](#)
 - [Sexual Assault Centre](#)
 - [University Health Centre](#)
 - [#UAlbertaCares](#)

Services offered by the [Canadian Mental Health Association](#) in Edmonton:

1. Crisis Services
2. Navigation Services
3. Suicide Grief Support Services
4. Education and Training
5. Peer Support Services
6. Housing Program

You can call their 24-hour distress line at [780-482-HELP \(4357\)](tel:780-482-HELP) or talk online using their [Online Crisis Chat](#).

Call [211](tel:211) or go on their [website](#) for 24 hour information about social, health, government and other services to get connected and referred to the appropriate support systems.

- [Summary of Resources for Mental Health Provided by 211](#)

You can also go to [Alberta's Province-Wide Service Directory](#) to find other mental health supports. Just search "mental health" in the search box. You can also filter your search by postal code and city to find resources closest to you.

Resources for Indigenous Students

- [First Peoples' House](#)
- [Summary of Resources for Indigenous Peoples Provided by 211](#)
- [Indigenous Wellness Core](#) - Indigenous Wellness Clinic in Edmonton
- [Indigenous Culture & Wellness Centre](#)
- [Metis Nation of Alberta](#) - Provides up to 12 hours of free, professional, confidential, and culturally sensitive counseling that is available 24/7 for all Metis citizens.
- [Indigenous Mental Health Supports](#) - Provided by the Government of Alberta

Resources for Black Students

- [Black Therapist Network](#)
- [Mental Health Program](#) through Africa Centre
- [Free Counseling Program](#) through Africa Centre

Resources for POC Students

- [Healing in Colour](#) has a [BIPOC therapist directory](#) you can use to view individuals' websites and contact information. You can filter your search using the tool on the left of the page.

Resources for LGBTQ+ Students

- [The Landing](#)
- [Summary of Resources for 2SLGBTQ+ Individuals Provided by 211](#)
- [Briteline 2SLGBTQIA+ all ages support line](#) - 1-844-702-7483
- [Trans Lifeline](#) - 1-877-330-6366
- The following are resource guides:
 - [The Rainbow Pages](#)
 - [The Pride Centre of Edmonton](#)

Sexual Assault Resources

- [Sexual Assault Centre of Edmonton](#) - Supports children, youth, and adults who have experienced sexual abuse or assault.
- [U of A Sexual Assault Centre \(UASAC\)](#) - Provides free services to people of all genders, sexualities, and backgrounds.
- [Association of Alberta Sexual Assault Services](#) - Provides emotional support, information, and referral via toll-free talk, text, and chat services to anyone who has experienced or been impacted by sexual violence.

Resources for Muslim Students

- [The Muslim Students' Association](#) at the University of Alberta has a resources page for mental health support and spiritual aid.
- [The Islamic Family & Social Services Association](#) provides culturally appropriate counseling and mental health services.

Other

- The University of Alberta has a [Faith Directory](#) for students' faith and spirituality.
- [Addiction and Mental Health](#) supports through Alberta Health Services in the Edmonton Zone.

I would like to thank Amber Ruben (aruben1@ualberta.ca) for providing me with resources for Indigenous students, [The Black Pharmacist Students' Association \(BPSA\)](#) for resources for Black students, and [The LGBTQ+ Pharmacy Student Club \(LGBTQ+PhSC\)](#) at the University of Alberta for resources for LGBTQ+ students and sexual assault.

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