

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 fernetti@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.

Last updated: 20/08/2024

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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.
 - They can be reached by emailing phstud@ualberta.ca and can help with general inquiries about the services that are available to you or help you set up an appointment with the faculty psychologist, Tristyn.
 - To book an appointment with Tristyn, you will have a small conversation with Leslie over email or in an advising appointment (in-person or virtual). You only need to share what you are comfortable sharing. From there, an appointment will be made with Tristyn. Some students may be referred to other University of Alberta supports based on their needs or Tristyn's availability.
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 \(4357\)](#).

Call [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.

[Mental Health Copilots](#) is a free, not-for-profit organization that helps connect people to professional support or you can access their online database on your own.

[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](#) - 1-844-70-BRITE (27483)
- [Trans Lifeline](#) - 1-877-330-6366
- The following are resource guides:
 - [The Rainbow Pages](#)
 - [The Pride Centre of Edmonton](#)
 - [Bloom Queer Mental Health](#)

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.

Thank you to everyone who has played a role in supporting and creating this document, including Amber Ruben (aruben1@ualberta.ca) who previously provided resources for Indigenous students, [The Black Pharmacist Students' Association \(BPSA\)](#) for providing resources for Black students, [The LGBTQ+ Pharmacy Student Club \(LGBTQ+PhSC\)](#) for providing resources for LGBTQ+ students and those who have experienced sexual assault, and Cassandra Luong for maintaining this document as the previous VP Student Services.

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