



CUE RESOURCES & SUPPORTS

Whether you're a Concordia University of Edmonton student or employee, you'll find useful contact information for ON and OFF campus resources in this document.



CONCORDIA
UNIVERSITY
OF EDMONTON | Wellness

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****IF YOU ARE IN AN EMERGENCY SITUATION, PLEASE CALL 911****

ON CAMPUS RESOURCES

NAME	INFORMATION	PHONE	EMAIL	WEBSITE
ATHLETICS & RECREATION	Provides athletics and campus recreation programming.	780.479.9322	athletics@concordia.ab.ca	gothunder.ca
BEHAVIOUR SUPPORT & INTERVENTION TEAM (BSIT)	A team of professionals that is trained to respond appropriately to difficult situations.			concordia.ab.ca/behavioural-support-and-intervention-team Incident Report: https://concordia.ab.ca/campus-services/security/behavioural-support-and-intervention-team/incident-report/
CAMPUS MULTI-FAITH SUPPORT				concordia.ab.ca/student-services/student-life-learning/support-services/campus-multifaith-support
CAMPUS SECURITY	Please call security to accompany you around campus if you're feeling unsafe at night.	780.479.8761 or 5555 on internal phone		https://concordia.ab.ca/campus-services/security/
CAREER SERVICES	Offers a variety of free services. Virtual and in-person advising appointments available.	780.378.8461	careerservices@concordia.ab.ca	concordia.ab.ca/student-services/career-services/ https://sites.google.com/concordia.ab.ca/cue-careerservices/home
CONCORDIA STUDENTS' ASSOCIATION (CSA)	The official voice of all undergraduate and after-degree students at CUE.	780-491-6241	csapresident@student.concordia.ab.ca	ourcsa.ca

COUNSELLING SERVICES	Offers in-person and online counselling that is confidential and free to CUE students.		studentlife@concordia.ab.ca	concordia.ab.ca/counselling-services https://concordia.ab.ca/student-services/student-life-learning/support-services/counselling-services/
CUE CUPBOARD	Online access for students in need to request and create food and other essential items hampers.		cuecupboard@concordia.ab.ca	cuecupboard.com
CUE PSYCHOLOGY CLINIC	Offers psychotherapy/ counselling and intellectual assessment during the academic year.	780.491.6884	cuepc@concordia.ab.ca	concordia.ab.ca/faculty-arts/departments/psychology/concordia-university-of-edmonton-psychology-clinic/
CUE WELLNESS	Offers a variety of events, activities, campaigns, workshops, and other initiatives throughout the year focussed on wellness.	780.479.9297	wellness@concordia.ab.ca	concordia.ab.ca/cue-wellness
FINANCIAL AID & AWARDS	Offers comprehensive resources about student financial aid options.	780.479.9219	finaid@concordia.ab.ca	concordia.ab.ca/student-services/financial-aid
GENDER-BASED VIOLENCE REPORTING/DISCLOSING	An allegation of sexual violence can be made by any person, regardless of if they are the survivor of the sexual violence or not.	780.479.9289	Reporting/disclosing to CUE (violence not required to have taken place on campus) or for support: vpcl@concordia.ab.ca	https://sites.google.com/concordia.ab.ca/cue-wellness/wellness/sexual-health/consent concordia.ab.ca/reporting-sexual-violence
GRADUATE STUDENTS' ASSOCIATION	Supports students in graduate studies.	+1 780 297 1139	gsapresident@student.concordia.ab.ca	concordiagsa.com
INDIGENOUS STUDENT SERVICES	Supports all Indigenous students.	780.479.9394	indigenous@concordia.ab.ca	concordia.ab.ca/student-services/indigenous-student-services

INTERNATIONAL OFFICE	Supports International students and activities on campus.	780.378.8441	international@concordia.ab.ca	concordia.ab.ca/international
LEARNING ACCOMMODATION SERVICES (LAS)	Supports to give students with disabilities equal access to post-secondary learning.	780.479.9242	learningaccommodations@concordia.ab.ca pilar.aguilar@concordia.ab.ca	concordia.ab.ca/student-services/student-life-learning/learning-services/students-with-disabilities sites.google.com/concordia.ab.ca/cue-las/home
LEARNING SERVICES	Offers a variety of services to help students achieve education and academic goals.		learningservices@concordia.ab.ca	concordia.ab.ca/student-services/student-life-learning/learning-services
MYWELLNESS	CUE's student mental health and wellness plan. Available to all CUE students regardless of enrolment in the CSA Health and Dental Plan.	*Crisis Text Support 24/7* TEXT CONNECT TO 686868 877.746.5566 ext 7239	info@mywellnessplan.ca concordiaplan@mystudentplan.ca	mystudentplan.ca/csa/en/mywellness
PEER SUPPORT	A confidential and safe space to talk about their problems with another student peer and offers referrals to campus and community services.		peersupport@concordia.ab.ca	https://sites.google.com/concordia.ab.ca/cue-wellness/peer-support
SAFETY INCIDENTS	An Occurrence Report must be completed whenever there is a health or safety incident, accident or injury during the course of a Worker completing their accountabilities, on or off campus.	1.877.473.3375 (24hrs)	Occurrence Report form OHSreports@concordia.ab.ca	concordia.ab.ca/campus-services/health-safety

STUDENT HOUSING	Supports residence students.	780.479.9349	housing@concordia.ab.ca	concordia.ab.ca/housing
STUDENT LIFE & LEARNING	Offers a multitude of services to support student academic and personal success.		studentlife@concordia.ab.ca	concordia.ab.ca/student-services
VP, CAMPUS LIFE	Dr. Carmen Arth	780.378.8459	vpcl@concordia.ab.ca	

OFF CAMPUS RESOURCES

COUNSELLING SERVICES (FREE OR SLIDING SCALE)

AFRICA CENTRE COUNSELLING SERVICES	Partners with Alberta Black Therapists Network to bring free counselling from various licensed therapists.	780.455.5423	info@africacentre.ca	africacentre.ca/counselling
ADDICTION & MENTAL HEALTH ACCESS	Referral services for adults needing support with addictions and/or mental health problems.	Mental Health Helpline: 1-877-303-2642 Addictions Helpline: 1-866-332-2322		albertahealthservices.ca/assets/healthinfo/link/index.html https://www.albertahealthservices.ca/amh/amh.aspx
DROP IN YEG	Free drop in single session counselling at 6 locations in Edmonton offered by CMHA.	780.423.2831	therapy-leads@familycentre.org	dropinyeg.ca
JEWISH FAMILY SERVICES EDMONTON	Assists people of all backgrounds who are suffering social, economic, mental, and emotional adversity and are in need of assistance.	780.454.1194		jfse.org
MERCY COUNSELLING	Faith informed psychological counselling	780.432.1137		cssalberta.ca/Our-Services/Mercy-Counselling

EDMONTON (Catholic Social Services)	and assessment services to children, youth, adults, couples and, and families.			
MOMENTUM WALK-IN COUNSELLING	Low cost, drop-in single session counselling.	780.757.0900		momentumcounselling.org
PAA PSYCHOLOGICAL REFERRAL SERVICE	Find a psychologist in Alberta.	780.424.0294 1.888.424.0297		https://findhelp.paa-ab.ca/
SUICIDE BEREAVEMENT SUPPORT SERVICES	12-week group counselling for those grieving a loss by suicide.	780.732.6654	pwasonga@cmha-edmonton.ab.ca	edmonton.cmha.ca/programs-services
THE FAMILY CENTRE	Wide range of services for families, couples, and individuals.	780-900-6423		familycentre.org

CRISIS SERVICES & DISTRESS LINES

CMHA ONLINE CRISIS CHAT				https://edmonton.cmha.ca/
COMMUNITY URGENT SERVICES & STABILIZATION TEAM	Crisis response by phone, community or home-based stabilization services.	780.342.7777 (24/7)		
DISTRESS LINE	Supportive listening to people struggling with abuse, suicidality, etc.	780.482.HELP Outside Edmonton: 1.800.232.7288		https://edmonton.cmha.ca/brochure/distress-line/
FAMILY VIOLENCE INFORMATION LINE	Activities and resources to help prevent family and domestic violence, and support healthy relationships.	310.1818 (24/7)		alberta.ca/family-violence-prevention.aspx
KIDS HELP PHONE	Chat anonymously online with staff from noon to 8 pm daily, in more than 170 languages.	1.800.668.668 TEXT CONNECT TO 686868		kidshelpphone.ca Kids Help Phone will prioritize the inclusion of services for young people aged 5-25, but programs serving all ages will be included in our collection.

SEXUAL ASSAULT CENTRE OF EDMONTON (SACE)	Support services for people who experience sexual violence, including crisis support, counselling, court support, and advocacy.	780.421.8374 Sexual Assault Crisis Line 780.423.4121	info@sace.ca	sace.ca
THE WOMEN'S SHELTER LINE	Provides outreach services, support during crisis and personal safety planning and referrals.	1.866.331.3933		acws.ca

GENERAL HEALTH AND WELLNESS RESOURCES

HEALTH LINK 811	Medical advice and info line.	811		albertahealthservices.ca/assets/healthinfo/link/index.html
HEALTH SYSTEM INFORMATION IN MULTIPLE LANGUAGES	Translated resources in many languages.			albertahealthservices.ca/languages/languages.aspx

INDIGENOUS RESOURCES

BEN CALF ROBE SOCIETY	Culturally relevant semi-independent living programs, group homes, in-home family support, family health, and parenting programs.	780.477.6648		bcrsociety.ab.ca
BENT ARROW TRADITIONAL HEALING SOCIETY	Creating a world where Aboriginal children, youth, and their families thrive.	780.481.3451	reception@bentarrow.ca	bentarrow.ca
CANADIAN NATIVE FRIENDSHIP CENTRE	Monday – Friday 8:30 am to 4:30 pm (Closed between noon and 1:00 pm)	780.761.1900		cnfc.ca
FIRST NATIONS & INUIT HOPE FOR WELLNESS HELPLINE	Culturally competent counselling support in English and French and, upon request, in Cree, Ojibway and Inuktitut.	1.855.242.3310 (24/7)		hopeforwellness.ca
INDIGENOUS HEALTH CULTURAL SUPPORT LINE	Available weekdays from noon to 8pm.	1.844.944.4744		
MÉTIS NATION OF ALBERTA	The voice for Métis Albertans.	780.455.2200		albertametis.com
NATIONAL INDIAN RESIDENTIAL SCHOOLS CRISIS LINE	Emotional and crisis support for former Residential School students.	1.866.925.4419 (24/7)		
NATIVE COUNSELLING SERVICES OF ALBERTA	Diverse community, research, education, and prevention programs for Indigenous peoples.	+1 (780) 451-4002		ncsa.ca

MENTAL HEALTH RESOURCES

ACCESS OPEN MINDS	A national youth mental health network uniting youth, families/carers, researchers, service providers and decision makers in revolutionizing services and leading ground-breaking research.	780.887.9781 780.424.2424 780.782.5042 780.670.3613	youngadultservices@albertahealthservices.ca	accessopenminds.ca
AHS EDMONTON COMMUNITY MENTAL HEALTH CLINIC		780.342.7700		
AHS MENTAL HEALTH HELPLINE	Information about mental health programs and services; referrals to other agencies if needed; crisis intervention.	1.877.303.2642		
AHS SERVICES ADDICTION HELPLINE	Confidential service providing addiction support, information, and referral to services.	1.866.332.2322 (24/7)		
TOGETHERALL	A safe, online community where people support each other anonymously to improve mental health and wellbeing.			togetherall.com

NEWCOMERS

CATHOLIC SOCIAL SERVICES	Offers free services to newcomers in English, French and more than 50 other languages.			newcomers.cssalberta.ca
EDMONTON IMMIGRANT SERVICES ASSOCIATION	Provides programs and direct services relating to Integration, Settlement, Adaptation and Education for new immigrants, refugees and first-generation Canadians in Edmonton and surrounding areas regardless of age, gender, religion, nationality, or ethnic origin.	780.474.8445	info@eisa-edmonton.org	eisa-edmonton.org
EDMONTON MENNONITE CENTRE FOR NEWCOMERS (EMCN)	The place for Newcomers to find work, learn English, get settled and join a community.	780.424.7709		emcn.ab.ca
EDMONTON REGION IMMIGRANT EMPLOYMENT COUNCIL	Helps skilled immigrants integrate into the Edmonton regional labour market through mentorship and networking programs.			eriec.ca

2SLGBTQIA+ SERVICES

BRITE LINE	A safe space where the 2SLGBTQIA+ community can connect with supports, free of judgment or stigma.	1.844.702.7483 (24/7)		https://www.briteline.ca/
RAINBOW REFUGE PROGRAM (EMCN)	To help LGBTQ+ newcomers and refugees.	780.399.0501 (Sara) 587.938.6869 (Basel)		https://emcn.ab.ca/program/rainbow-refuge-program/
PRIDE CENTRE OF EDMONTON	Provides a non-judgmental, welcoming space where people of all attractions, identities, and expressions can be themselves, find support, meet new people, and be part of a caring community.	780.488.3234	hello@pridecentreofedmonton.ca	pridecentreofedmonton.ca
THE CHEW PROJECT	Provides frontline support, resources, and education for LGBTQ2S+ youth and young adults (ages 14-29).	780-665-5220	chewproject@ualberta.ca	chewprojectveg.org
THE RAINBOW PAGES	Provides Lesbian Gay Bisexual Transgender Queer+ (LGBTQ+) youth and the youth-serving community with a consolidated guide of supports available in Edmonton.			therainbowpages.ca
TRANS PARENT ALBERTA 101	Resources for supportive parents, guardians and caregivers of transgender, non-binary and gender expansive children (minor or adult) in Alberta.			transparentalberta101.com

SEXUAL AND REPRODUCTIVE HEALTH RESOURCES

BIRTH CONTROL CENTRE	Offers confidential services to teenagers and young adults experiencing barriers to accessing birth control or other sexual health related services.	780.735.0010		albertahealthservices.ca/findhealth/service.aspx?id=5884&facilityid=1002667
HIV EDMONTON	Has qualified staff who are trained in HIV and AIDS Care and Support. Also provides STBBI testing.	780.488.5742		hivedmonton.com hivedmonton.com/testing
STI CLINICS IN EDMONTON	Provides information on sexual and reproductive health.	780.342.2300		albertahealthservices.ca/services/page13737.aspx
WOMEN'S HEALTH OPTIONS	Provides quality health care services in an atmosphere of compassion, dignity and confidentiality; to ensure the health, harmony and strength of all people.	780.484.1124	info@whol.ca	womanshealthoptions.com

SUPPORT GROUPS

ANOREXICS AND BULIMICS ANONYMOUS	In person, phone, or email meetings	587.557.2167	gsooffice@aba12steps.org	https://aba12steps.org/
EATING DISORDER NETWORK OF ALBERTA	In person and online support and groups	780-729-3376	info@edsna.ca	https://edsna.ca/
ORGANIZATION FOR BIPOLAR AFFECTIVE DISORDERS	Weekly peer support groups in Edmonton and elsewhere in Alberta; support from certified peer specialist		info@obadnorthab.ca	https://obadnorthab.ca/
ALCOHOLICS ANONYMOUS EDMONTON	Peer support meetings	780.424.5900	centraloffice@edmontonaa.org	https://edmontonaa.org/
ADHD ASSOCIATION OF GREATER EDMONTON	Support groups for adults, partners, and families.			https://adhdedmonton.com/
SCHIZOPHRENIA SOCIETY OF ALBERTA – EDMONTON	Peer support, phone, online, and in person for people and families living with schizophrenia.	780.452.4661	agemmell@schizophrenia.ab.ca	https://www.schizophrenia.ab.ca/