

Phone: 780 479.9241
Toll Free: 1.866.479.5200 Ext. 241
Email: studentlife@concordia.ab.ca

www.concordia.ab.ca

CONCORDIA UNIVERSITY OF EDMONTON

Student Life and Learning
7128 Ada Blvd.
Edmonton, AB
T5B 4E4



Updated Feb 12 2020

CUE WELLNESS RESOURCE BOOKLET



PROGRAMS

Canadian Mental Health Association Edmonton (CMHA)

780-414-6300

8:30 am – 4:30 pm (Mon – Fri) Closed noon-1pm

edmonton.cmha.ca

The Pride Centre of Edmonton

780-488-3234

12:00 – 6:30 pm (Tues & Thurs)

pridecentreofedmonton.ca

Diverse support services for LGBTQ+ people

Edmonton Mennonite Centre for Newcomers (EMCN)

780-424-7709

Settlement and support services for immigrants and refugees
in Edmonton and area

emcn.ab.ca

Today Family Violence Help Centre

780-455-6880

9:00 am – 5:00 pm (Mon – Fri)

After hours: 780-482-HELP (4357)

Multidisciplinary help and a safe place for victims of domestic
abuse to access timely, short-term services, and support

thetodaycentre.ca



**Canadian Mental
Health Association**
Edmonton
Mental health for all

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CONCORDIA CONTACT INFORMATION

Security (24/7)

780-479-8761 or 5555 on internal phone

Call security to escort you around campus if feeling unsafe at night

mywellness

mywellnessplan.ca

CUE's student mental health and wellness plan
Crisis text support (24/7) text CONNECT to 686868

Counselling Services

concordia.ab.ca/student-services/student-life-learning/support-services/counselling-services

780-479-9241 or email: studentlife@concordia.ab.ca

Peer Support Program

Drop in to L279 (main floor library)
Current hours are posted on the door

Behaviour Support & Intervention Team (BSIT)

concordia.ab.ca/campus-services/security/behavioural-support-and-intervention-team

780-479-9289

Reporting/Disclosing Sexual Violence on campus

concordia.ab.ca/student-services/student-life-learning/support-services/reporting-sexual-violence

780-479-9289

Student Life & Learning

concordia.ab.ca/student-services/student-life-learning/

780-479-9241

VP Student Life & Learning

780 -479-9289 or email: vpsll@concordia.ab.ca

Career Services

concordia.ab.ca/student-services/career-services

780-378-8461

INDIGENOUS RESOURCES

Indigenous Student Services

concordia.ab.ca/student-services/indigenous-student-services/

780-479-9394

First Nations & Inuit Hope for Wellness Help Line (24/7)

hopeforwellness.ca

Culturally competent counselling support in English and French and, upon request, in Cree, Ojibway, and Inuktitut
1-855-242-3310

National Indian Residential Schools Crisis Line (24/7)

1-866-925-4419

Emotional and crisis support for former Residential School students

Native Counselling Services of Alberta

ncsa.ca

Diverse community, research, education, and prevention programs for Indigenous people

Ben Calf Robe Society

bcrsociety.ab.ca

Culturally relevant semi-independent living programs, group homes, in-home family support, family health, and parenting programs

780-477-6648

Canadian Native Friendship Centre

cnfc.ca

Bent Arrow Traditional Healing Society

bentarrow.ca

Métis Nation of Alberta

albertametis.com



NATIVE COUNSELLING
SERVICES OF ALBERTA

SUPPORT GROUPS

Anorexics and Bulimics Anonymous

780-318-6355

In person, phone, or online meetings

Meeting times & places: 780-430-6077

Eating Disorder Support Network of Alberta

edsna.ca/support

In person and online support and groups

Organization for Bipolar Affective Disorders

403-263-7408

Weekly peer support groups in Edmonton and elsewhere in Alberta; support from certified peer specialist

obad.ca

Schizophrenia Society of Alberta - Edmonton

780-452-4661

Peer support, phone, online, and in person for people and families living with schizophrenia

schizophrenia.ab.ca

Alcoholics Anonymous Edmonton

780-424-5900

Peer support meetings

edmontonaa.org/meetings

ADHD Association of Greater Edmonton

adhdedmonton.com

Support groups for adults, partners, and families

Financial Aid & Awards

concordia.ab.ca/student-services/financial-aid/

780-479-9220

Residence Life Coordinator

concordia.ab.ca/student-services/residence/contact/

780-479-9349

Indigenous Student Services

concordia.ab.ca/student-services/indigenous-student-services/

780-479-9394

CUE Wellness

concordia.ab.ca/student-services/student-life-learning/support-services/cue-wellness/

780-479-9297

Athletics & Recreation

gothunder.ca/landing/index

780-479-9389

Campus Multi-Faith Support

concordia.ab.ca/student-services/student-life-learning/support-services/campus-multifaith-support/

Lost & Found

780-479-8481

Food Bank

Email: foodbank@concordia.ab.ca

International Office

concordia.ab.ca/international

780-378-8437

Concordia Students' Association

ourcsa.ca

Graduate Students' Association

concordiagsa.com

Registrar

concordia.ab.ca/student-services/registrar/contact-us

780-479-9250

Learning Services (Tutoring & Academic Strategies)

concordia.ab.ca/student-services/student-life-learning/learning-services

780-491-6854

Learning Accommodation Services (Students with Disabilities)

concordia.ab.ca/student-services/student-life-learning/learning-services/students-with-disabilities

780-479-9242

Workplace Safety Incidents

24 hr line: 1-877-473-3375

Occurrence Report form <https://bit.ly/CUE-Occur>

CRISIS SERVICES AND DISTRESS LINES

(*call 911 if in immediate danger)

Distress Line (24/7)

780-482-HELP (4357)

Supportive listening to people struggling with abuse, suicidality, etc.

edmonton.cmha.ca/programs-services/distress-line

Outside of Edmonton: 1-800-232-7288

mywellness crisis text support (24/7)

text CONNECT to 686868

Community Urgent Services and Stabilization team (24/7)

780-342-7777

Crisis response, either phone or mobile, and short term clinic, community, or home based stabilization services.

Sexual Assault Crisis Line (24/7)

780-423-4121

Support to victims by the Sexual Assault Centre of Edmonton

Kids Help Phone Line (24/7)

1-800-668-6868

Counselling for ages 20 and under

kidshelpphone.ca

National Eating Disorder Information Centre (NEDIC) Helpline

1-866-633-4220

Mon - Thurs: 7am - 7pm

Fri: 7am - 3pm

DIRECTORIES

211 Alberta – Edmonton and Area (24/7)

211 or Info and referral line to any social, health and government services including counselling and mental health

Outside of Edmonton call 780-482-4636

ab.211.ca or text **STUDENT** to 211

The Rainbow Pages

therainbowpages.ca

LGBTQ2S+ youth and the youth-serving community a

consolidated guide of the supports available in Edmonton

REPORTING ABUSE

Reporting/Disclosing Sexual Violence on campus

concordia.ab.ca/student-services/student-life-learning/support-services/reporting-sexual-violence

780-479-9289

Edmonton Police Service (EPS) (24/7)

Emergency help: 911

Non-Emergency line: 780-423-4567

Child Abuse Hotline (24/7)

1-800-387-5437 (KIDS)

Report suspected abuse of child to Child and Family Services

HEALTH, TREATMENT, AND ASSESSMENT

Health Link 811 (24/7)

811

Medical advice and info line

albertahealthservices.ca/assets/healthinfo/link/index.html

Addiction and Mental Health Access 24/7

780-424-2424

Referral services for adults needing support with addictions and/or mental health problems

AHS.ca/access247

Access Open Minds Edmonton

12:00 pm - 5:30 pm (Tues – Fri) or leave message at:

780-415-0048 or youngadultservices@ahs.ca

accessopenminds.ca/our-site/edmonton-ab/

AHS Edmonton Community Mental Health Clinic

780-342-7700

AHS University of Alberta Hospital Psychiatric Treatment Clinic

780-407-6501

Psychology Today

psychologytoday.com

Find a therapist advertising services in your area

PAA Psychologist Referral Service

780-424-0294 or toll-free 1-888-424-0297

psychologistsassociation.ab.ca/referrals

Women's Health Options

780-484-1124

STI Clinics in Edmonton

780-342-2300 (Main Line)

HIV Edmonton

780-488-5742

<https://www.hivedmonton.com/>

Family Violence Info Line

780-310-1818

In more than 170 languages. Chat anonymously online with staff from noon to 8 p.m. daily.

alberta.ca/family-violence-prevention.aspx

First Nations & Inuit Hope for Wellness Help Line (24/7)

1-855-242-3310

Culturally competent counselling support in English and French and, upon request, in Cree, Ojibway, and Inuktitut

hopeforwellness.ca

National Indian Residential Schools Crisis Line (24/7)

1-866-925-4419

Provides emotional and crisis support for former Residential School students

The Women's Shelter Line (24/7)

1-866-331-3933

Provides outreach services, support during crisis and personal safety planning and referrals

acws.ca

CMHA Online Crisis Chat

edmonton.cmha.ca/programs-services/online-crisis-chat

Mon to Fri: 6-10pm

Sat and Sun: Noon - 4pm (Edmonton)

AHS Mental Health Help Line (24/7)

1-877-303-2642

Information about mental health programs and services; referrals to other agencies if needed; crisis intervention

Alberta Health Services Addiction Helpline (24/7)

1-866-332-2322

Confidential service providing addiction support, information and referral to services

COUNSELLING SERVICES (free or sliding scale)

Concordia Student Counselling Services

780-479-9241 or email: studentlife@concordia.ab.ca

9:00 am – 4:00 pm (Mon – Fri)

First Nations and Inuit Hope for Wellness Help Line (24/7)

1-855-242-3310

24/7 in English and French. On request, telephone counselling is also available in: Cree, Ojibway, Inuktitut

Sexual Assault Centre of Edmonton

780-423-4102

8:30 am – 5:30 pm Mon – Thu

sace.ca

Pride Centre of Edmonton

780-488-3234

Drop-in single session counselling

pridecentreofedmonton.ca

12:00 – 7:00 pm (Tues & Thurs)

Drop in YEG

dropinyeg.ca/locations

Free drop in single session counselling at 6 locations in Edmonton offered by CMHA

Suicide Bereavement Support Services (CMHA)

780-732-6654

12-week group counselling for those grieving a loss by suicide

edmonton.cmha.ca/programs-services/suicide-grief-support-program

2:00 – 3:30 pm (Tues) or 6:30 – 8:30 pm (Wed)

Momentum Walk-In Counselling

780-757-0900

Low cost, drop-in single session counselling

momentumcounselling.org

10:00 am – 7:00 pm (Mon – Wed)

10:00 am – 5:00 pm (Thurs)

10:00 am – 2:00 pm (Fri)

The Family Centre

780-900-6129

Wide range of services for families, couples, and individuals

familycentre.org

Jewish Family Services Edmonton

780-454-1194

9:00 am – 5:00 pm (Mon & Fri)

9:00 am – 7:00 pm (Tues – Thurs)

jfse.org/integrity

Mercy Counselling Edmonton (Catholic Social Services)

780-391-3233

Faith-informed psychological counselling and assessment services to children, youth, adults, couples, and families

cssalberta.ca/Our-Services/Mercy-Counselling

Located on CUE campus

Campus Multi-Faith Support

concordia.ab.ca/student-services/student-life-learning/support-services/campus-multifaith-support

AlbertaQuits

866-710-7848

8:00 am – 8:00 pm daily

albertaquits.ca

Support to help quit smoking