

RESOURCES & SUPPORTS ON AND OFF CAMPUS

Whether you're a Concordia University of Edmonton student, faculty or staff member, you'll find useful contact information for on and off campus resources in this document.

Notice any errors? Contact wellness@concordia.ab.ca with any changes and/or comments.

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CONCORDIA CONTACT INFORMATION

Security (24/7)

Phone: 780-479-8761 or 5555 on internal phone
Call security to escort you around campus if feeling unsafe at night

CUE Wellness

concordia.ab.ca/cue-wellness
Phone: 780-479-9297
Email: wellness@concordia.ab.ca

Counselling Services

concordia.ab.ca/counselling-services
Phone: 780-479-9241 or
Email: studentlife@concordia.ab.ca

Peer Support Program

Students helping students
concordia.ab.ca/counselling-services

Behaviour Support & Intervention Team (BSIT)
<https://concordia.ab.ca/behavioural-support-and-intervention-team/>
Phone: 780-479-9289

Reporting/Disclosing Sexual Violence on campus
<https://concordia.ab.ca/reporting-sexual-violence/>
Phone: 780-479-9289

Mywellness

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

Student Life & Learning

<https://concordia.ab.ca/student-services/>
Phone: 780-479-9241
email: studentlife@concordia.ab.ca

Learning Accommodation Services (Students with Disabilities)
concordia.ab.ca/student-services/student-life-learning/learning-services/students-with-disabilities
Phone: 780-479-9242
Email: learningaccommodations@concordia.ab.ca

Learning Services (Tutoring & Academic Strategies)
concordia.ab.ca/student-services/student-life-learning/learning-services
Phone: 780-491-6854
Email: Learningservices@concordia.ab.ca

Housing Services

concordia.ab.ca/student-services/housing-services/
Phone: 780-479-9349
Email: residence@concordia.ab.ca

Indigenous Student Services

concordia.ab.ca/student-services/indigenous-student-services/
Phone: 780-479-9394
Email: indigenous@concordia.ab.ca

CONCORDIA CONTACT INFORMATION CON'T

Career Services

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

Phone: 780-378-8461

email: careerservices@concordia.ab.ca

Athletics & Recreation

gothunder.ca

Phone: 780-479-9389

Food Bank

<https://concordia.ab.ca/student-services/student-life-learning/support-services/food-bank/>

Email: foodbank@concordia.ab.ca

VP Student Life & Learning

Phone: 780-479-9289 or

email: vpsll@concordia.ab.ca

Campus Multi-Faith Support

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

International Office

concordia.ab.ca/international

Phone: 780-378-8437

Email: international@concordia.ab.ca

Workplace Safety Incidents

concordia.ab.ca/campus-services/health-safety/

24-hour line: 1-877-473-3375

[Occurrence Report form](#)

Financial Aid & Awards

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

Phone: 780-479-9220

Email: finaid@concordia.ab.ca

Concordia Students' Association

ourcsa.ca

Graduate Students' Association

concordiagsa.com

Lost & Found

Phone: 780-479-8481

CRISIS SERVICES AND DISTRESS LINES

Call 911 if you are in immediate danger

Distress Line (24/7)

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

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

Phone: 780-482-HELP (4357)

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)

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

Phone: 780-342-7777

Sexual Assault Crisis Line (24/7)

Support to victims by the Sexual Assault Centre of Edmonton

Phone: 780-423-4121

Kids Help Phone Line (24/7)

Chat anonymously online with staff from noon to 8 pm daily in more than 170 languages

kidshelpphone.ca

1-800-668-6868

text CONNECT to 686868

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

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

<https://www.hopeforwellness.ca/>

Phone: 1-855-242-3310

National Indian Residential Schools Crisis Line (24/7)

Provides emotional and crisis support for former Residential School students

Phone: 1-866-925-4419

The Women's Shelter Line (24/7)

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

<https://acws.ca/>

Phone: 1-866-331-3933

CMHA Online Crisis Chat

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

Mon to Fri: 6:00 - 10:00 pm

Sat and Sun: Noon - 4:00 pm (Edmonton)

AHS Mental Health Help Line (24/7)

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

Phone: 1-877-303-2642

Alberta Health Services Addiction Helpline (24/7)

Confidential service providing addiction support, information and referral to services

Phone: 1-866-332-2322

Family Violence Info Line

www.alberta.ca/family-violence-prevention.aspx

Phone: 780-310-1818

COUNSELLING SERVICES (FREE OR SLIDING SCALE)

Counselling Services

concordia.ab.ca/counselling-services

Phone: 780-479-9241 or

Email: studentlife@concordia.ab.ca

Campus Multi-Faith Support

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

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

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

<https://www.hopeforwellness.ca/>

Phone: 1-855-242-3310

Drop in YEG

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

dropinyeg.ca/locations

Phone: 780.423.2831

Email: therapy-leads@familycentre.org

The Family Centre

Wide range of services for families, couples, and individuals

Mon - Thurs 8:30am - 8:00pm

Fri - Sat 8:30am - 4:00 pm

familycentre.org

Phone: 780-900-5934

Momentum Walk-In Counselling

Low cost, drop-in single session counselling

10:00 am – 7:00 pm (Mon – Wed)

10:00 am – 5:00 pm (Thurs)

10:00 am – 2:00 pm (Fri)

momentumcounselling.org

Phone: 780-757-0900

Pride Centre of Edmonton

Drop-in single session counselling

2:00 PM - 7:00 PM Tuesday

5:00 PM - 7:00 PM Thursday

pridecentreofedmonton.ca

Phone: 780-488-3234

Email: hello@pridecentreofedmonton.ca

Suicide Bereavement Support Services (CMHA)

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

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

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

Phone: 780-732-6654

Jewish Family Services Edmonton

9:00 am – 5:00 pm (Mon & Fri)

9:00 am – 7:00 pm (Tues – Thurs)

www.jfse.org/ehc/counselling/

Phone: 780-454-1194

Email: info@jfse.org

Alberta Quits

Support to help quit smoking

8:00 am - 8:00 pm daily

albertaquits.ca

Phone: 866-710-7848

Text ABQUITS to 123456

Africa Centre Counselling Services

Africa Centre is pleased to partner with Alberta Black Therapists Network to bring free counselling from various licensed therapists.

<https://www.africacentre.ca/counselling>

Phone: 1-833-381-1242

Mercy Counselling Edmonton (Catholic Social Services)

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

cssalberta.ca/Our-Services/Mercy-Counselling

Phone: 780-432-1137

Sexual Assault Centre of Edmonton

sace.ca Phone: 780-423-4102

HEALTH, TREATMENT & ASSESSMENT

Health Link 811 (24/7)

Medical advice and info line

[albertahealthservices.ca/assets/healthinfo/link/index.html](https://www.albertahealthservices.ca/assets/healthinfo/link/index.html)

Phone: 811

Health system information in multiple languages:

<https://www.albertahealthservices.ca/languages/languages.aspx>

Addiction and Mental Health Access 24/7

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

<https://www.albertahealthservices.ca/amh/Page14063.aspx#details-panel14066>

Phone: 780-424-2424

Access Open Minds Edmonton

12:00 pm - 5:30 pm (Tues – Fri)

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

Phone: 780-415-0048

Email: youngadultservices@ahs.ca

24/7 Urgent Support: 780-424-2424

AHS Edmonton Community Mental Health Clinic

Phone: 780-342-7700

AHS University of Alberta Hospital Psychiatric Treatment Clinic

Phone: 780-407-6501

Psychology Today

psychologytoday.com

Find a therapist advertising services in your area

PAA Psychologist Referral Service

psychologistsassociation.ab.ca/referrals

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

Women's Health Options

Phone: 780-484-1124

STI Clinics in Edmonton

Phone: 780-342-2300 (Main Line)

HIV Edmonton

Monday - Thursday 9:00 am - 4:30 pm

Friday 9:00 am - 12:00 pm

Closed daily from 12:00 pm - 1:00 pm

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

Phone: 780-488-5742

National Eating Disorder Information Centre (NEDIC)

Mon - Thurs: 7am - 7pm

Fri: 7am - 3pm

Helpline: 1-866-633-4220

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 Phone: 780-482-4636
ab.211.ca or text STUDENT to 21111

The Rainbow Pages

therainbowpages.ca

A consolidated guide of supports in Edmonton for
LGBTQ2S+ youth and the youth-serving community

REPORTING ABUSE

Reporting/Disclosing Sexual Violence on Campus
concordia.ab.ca/student-services/student-life-learning/support-services/reporting-sexual-violence
Phone: 780-479-9289

Edmonton Police Service (EPS) (24/7)
Emergency help: 911
Non-Emergency line: Phone: 780-423-4567

Child Abuse Hotline (24/7)

Report suspected abuse of child to Child and Family Services
Phone: 1-800-387-5437 (KIDS)

SUPPORT GROUPS

Anorexics and Bulimics Anonymous
In person, phone, or online meetings
Meeting times & places Phone: 780-430-6077
General Phone: 780-318-6355

Eating Disorder Support Network of Alberta
edsna.ca/support
In person and online support and groups

Organization for Bipolar Affective Disorders
obad.ca
Weekly peer support groups in Edmonton and elsewhere in Alberta; support from certified peer specialist
Phone: 403-263-7408

Schizophrenia Society of Alberta - Edmonton
Peer support, phone, online, and in person for people and families living with schizophrenia
schizophrenia.ab.ca
Phone: 780-452-4661
Email: tbehm@schizophrenia.ab.ca

Alcoholics Anonymous Edmonton
Peer support meetings
edmontonaa.org/meetings
Phone: 780-424-5900 (24/7)

ADHD Association of Greater Edmonton
adhdedmonton.com
Support groups for adults, partners, and families

INDIGENOUS RESOURCES

Indigenous Student Services

<https://concordia.ab.ca/student-services/indigenous-student-services/>

Phone: 780-479-9394

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

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

hopeforwellness.ca

Phone: 1-855-242-3310

National Indian Residential Schools Crisis Line (24/7)

Emotional and crisis support for former Residential School students

Phone: 1-866-925-4419

Native Counselling Services of Alberta

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

ncca.ca

Indigenous health Cultural support line

Phone: 1-855-735-6766

Ben Calf Robe Society

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

bcrsociety.ab.ca

Phone: 780-477-6648

Canadian Native Friendship Centre

Mon - Fri 8:30 am - 4:30 pm

Closed 12:00 pm - 1:00 pm Daily

cnfc.ca

Phone: 780-761-1900

Bent Arrow Traditional Healing Society

bentarrow.ca

Phone: 780-481-3451

Email: reception@bentarrow.ca

Métis Nation of Alberta

albertametis.com

Phone: 780-455-2200

PROGRAMS

Canadian Mental Health Association Edmonton (CMHA)

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

edmonton.cmha.ca

Phone: 780-414-6300

The Pride Centre of Edmonton

Diverse support services for 2SLGBTQ+ people

12:00 – 6:30 pm (Tues & Thurs)

pridecentreofedmonton.ca

Phone: 780-488-3234

The CHEW Project

Provides frontline support, resources, and education for LGBTQ2S+ youth and young adults (ages 14-29)

11:00 am - 5:00 pm (Mon – Fri)

<https://chewprojectveg.org/>

Phone: 780-665-5220

After hours → Call or Text Corey at (Phone: 780)-263-2221

Edmonton Mennonite Centre for Newcomers (EMCN)

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

emcn.ab.ca

Phone: 780-424-7709

Today Family Violence Help Centre

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

9:00 am – 5:00 pm (Mon – Fri)

thetodaycentre.ca

Phone: 780-455-6880

After hours: Phone: 780-482-HELP (4357)

Togetherall

Peer support online platform for Alberts to connect with others who are experiencing similar feelings.

There are also trained professionals on hand. This program also offers resources and courses.

togetherall.com

Updated February 19, 2020