

# Resources and supports on and off Campus

## 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)** concordia.ab.ca/campus-services/security/behavioural-support-and-intervention-team Phone: 780-479-928
- **Reporting/Disclosing Sexual Violence** on Campus concordia.ab.ca/student-services/student-lifelearning/support-services/reporting-sexualviolence Phone: 780-479-9289
- **Mywellness** mywellnessplan.ca CUE's student mental health and wellness plan Crisis text support (24/7) text CONNECT to 6868689
- **Student Life & Learning** 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-lifelearning/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-lifelearning/learning-services/tutoring-and-registry 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/indigenoustudent-services Phone: 780-479-9394 Email: indigenouse@concordia.ab.ca
- **Concordia Students' Association** ourcsa.ca
- **Graduate Students' Association** concordiaagsa.com

- **Career Services** concordia.ab.ca/student-services/career-services/ Phone: 780-378-8461 email: careerservices@concordia.ab.ca
- **Food Bank** 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
- **Financial Aid & Awards** concordia.ab.ca/student-services/financial-aid/ Phone: 780-479-9220 Email: finaide@concordia.b.ca

## COUNSELLING SERVICES (Off Campus)

- **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 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-leadsefamilycentre.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-griefsupport-program Phone: 780-732-6654
- **Sexual Assault Centre of Edmonton** sace.ca Phone: 780-423-4102
- **Africa Centre Counselling Services** Africa Centre is pleased to partner with Alberta Black Therapists Network to bring free counselling from various licensed therapists. 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



THINGS YOU  
SHOULD KNOW AS  
A NEW STUDENT  
AT CUE

# Ways to improve your university experience...

## FAQS

Where is Counselling Services located on Campus?

Counselling Services can be found in the Student Success Centre  
Where can I reach a Peer supporter?

Members of the Peer Support team will also be available in person during the Fall and Winter semesters in the Student Success Centre. Make sure to follow the Peer Support Team on Instagram: @Peer\_wellness\_and\_support (this handle will change to @PeerWellnessSupport as of August 30), for updates and more!

How approachable are the staff/faculty/administration?

You are not just a number here at CUE! There is personalized help for you so ask away!

**You may reach out to any of the resources listed on the back or approach the Peer Wellness & Support team at school for any help needed! if you have any further questions contact us at: [wellness@concordia.ab.ca](mailto:wellness@concordia.ab.ca).**

**Remember, you are in charge of your Uni experience so make it count!**



## Be proactive

Prioritize your tasks and set deadlines for yourself

## Plan

Utilize a planning guide/calendar to organize your time

## Balance

Try to find a balance between social life, work life, and school

## Make Connections

Be courageous and reach out to people! Uni is all about having supports and being well-connected

## Ask Questions

If you are stuck, ask away. Questions are always encouraged and are the best way to find answers

## Self Care

Along with keeping up with class and school work, it is important to take time to recharge during the day to help reduce stress and improve productivity