

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.

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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		gothunder.ca
BEHAVIOUR SUPPORT & INTERVENTION TEAM (BSIT)	A team of professionals that is trained to respond appropriately to difficult situations.	780.479.9289		concordia.ab.ca/behavioural-support-and-intervention-team
CAMPUS MULTIFAITH 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		
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.			ourcsa.ca
COUNSELLING SERVICES	Offers in-person and online counselling that is confidential and free to CUE students.	780.479.9241	studentlife@concordia.ab.ca	concordia.ab.ca/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 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.	780.479.9220	finaid@concordia.ab.ca	concordia.ab.ca/student-services/financial-aid
GENDER-BASED VIOLENCE EDUCATION & REPORTING/DISCLOSING SEXUAL VIOLENCE	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	Education requests for students or employees: william.logan@concordia.ab.ca Reporting/disclosing to CUE (violence not required to have taken place on campus) or for support: vpsll@concordia.ab.ca	https://sites.google.com/concordia.ab.ca/cue-wellness/wellness/sexual-health-healthy-relationships/consent concordia.ab.ca/reporting-sexual-violence
GRADUATE STUDENTS' ASSOCIATION	Supports students in graduate studies.		gsapresident@student.concordia.ab.ca	concordiagsa.com
INDIGENOUS STUDENT SERVICES	Supports self-declared 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	concordia.ab.ca/student-services/student-life-learning/learning-services/students-with-disabilities

LEARNING SERVICES	Offers a variety of services to help students achieve education and academic goals.	780.491.6854	learningservices@concordia.ab.ca	concordia.ab.ca/student-services/student-life-learning/learning-services
MYWELLNESS	CUE's student mental health and wellness plan.	*Crisis Text Support 24/7* TEXT CONNECT TO 686868	info@mywellnessplan.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	concordia.ab.ca/cue-wellness
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	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.	780.479.9241	studentlife@concordia.ab.ca	concordia.ab.ca/student-services
VP, CAMPUS LIFE	Dr. Carmen Arth	780.378.8459	vpssl@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.	1.833.381.1242		africacentre.ca/counselling
ADDICTION & MENTAL HEALTH ACCESS	Referral services for adults needing support with addictions and/or mental health problems.	780.424.2424		albertahealthservices.ca/assets/healthinfo/link/index.html
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 EDMONTON (Catholic Social Services)	Faith informed psychological counselling and assessment services to children, youth, adults, couples and, and families.	780.432.1137		cssalberta.ca/Our-Services/Mercy-Counselling

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		psychologistsassociation.ab.ca/referrals
SUICIDE BEREAVEMENT SUPPORT SERVICES	12-week group counselling for those grieving a loss by suicide.	780.732.6654		edmonton.cmha.ca/programs-services
THE FAMILY CENTRE	Wide range of services for families, couples, and individuals.	780.900.5934		familycentre.org

CRISIS SERVICES & DISTRESS LINES

CMHA ONLINE CRISIS CHAT				edmonton.cmha.ca/programs-services/online-%20crisis-chat
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		edmonton.cmha.ca/programs-services/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

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		1.855.735.6766		
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.			ncca.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 / INTERNATIONAL

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.	780.424.8445	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

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)		edmonton.cmha.ca/programs-services/briteline
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		pridecentreofedmonton.ca
THE CENTRE	A transgender, gender-diverse and 2SLGBTQ+ health care centre that creates a very welcoming and inviting environment.	587.635.3130		wellnesscentreab.ca
THE CHEW PROJECT	Provides frontline support, resources, and education for LGBTQ2S+ youth and young adults (ages 14-29).	780.263.2221		chewprojectyeg.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.	780.488.5742		hivedmonton.com
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 ANNONYMOUS	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		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	1.403.263.7408	obadonline@gmail.com	https://www.obad.ca/
ALCOHOLICS ANNONYMOUS 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	tbehm@schizophrenia.ab.ca	https://www.schizophrenia.ab.ca/