MENTAL HEALTH
& WELLNESS
SUBCOMMITTEE
GRADUATE STUDENTS' ASSOCIATION

MENTAL HEALTH AND WELLNESS RESOURCES

VERSION 2: OCTOBER 2020

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EMERGENCIES		
RESOURCES	**SERVICE HOURS**	**SERVICES**
911	24/7	Be Prepared to answer the following questions: - 911 for what city? - Do you need Police, Fire, or Ambulance? - What is the address of the emergency? - What is the phone number you are calling from? - Tell me exactly what happened

URGENT HELP		
RESOURCES	**SERVICE HOURS**	**SERVICES**
Alberta Health Services Mental Health Helpline Phone: 1-877-303-2642	24/7	- Confidential, anonymous - Information about mental health programs and services - Referrals to other agencies if needed
Calgary Distress Centre Phone: 403-266-4357 (HELP) Email: help@distresscentre.com Location: Suite 500, 999 8th Street SW Website	24/7 Crisis line Online Chat: 3-10 p.m. MT daily	Provide compassionate, accessible crisis support that enhances the health, well-being and resiliency of individuals in distress
Connecteen Phone: 403-264-8336 Text: 587-333-2724 Email: ConnecTeen@distresscentre.com Website	Phone: 24/7 Live Chat & Text: Monday to Friday: 3pm – 10pm Saturday and Sunday 12 – 10pm	Provides confidential peer support service for teenagers in Calgary and area
Empower Me Phone: 1-833-628-5589	24/7	- Crisis line and non-crisis support for GSA health and dental plan holders - Multilingual - Culturally sensitive - Gender inclusive - Faith inclusive
Health Link Phone: 811 or 1-866-408-5465 (toll-free) Website	24/7	Connects you with a registered nurse who will assess symptoms and determine the best care
Trans Lifeline Phone: 1-877-330-6366	24/7	Trans-led phone line offering direct emotional and financial support to trans people in crisis
Woods Homes Phone: 403-299-9699 or 1-800-563-6106 Text: 587-315-5000 Email crtsupport@woodshomes.ca etherapy@woodshomes.ca Website	24/7 crisis counselling by phone Text and live chat: 9am-10pm Mobile response: 12-7pm	- Crisis counselling - Virtual counselling - Family support

COUNSELLING SUPPORT			
RESOURCES	**SERVICE HOURS**	**SERVICES**	**COST**
Alberta Health Services South Calgary Walk-In Counselling Phone: 403-943-9374 403-943-1500 (Switchboard) Location: 31 Sunpark Plaza SE Calgary, Alberta T2X 3W5 - 2nd Floor of Mental Health Area Website	Monday-Thursday: 4pm-7pm Friday: 9am-12 pm Weekends: Closed	Provides psychotherapy for adults (18 and older) experiencing moderate to severe mental illness. ***Note:** Single session therapy will be available by appointment only. There is no walk-in during this time. Please call to book an appointment	
CCASA – Calgary Communities Against Sexual Abuse Phone: Support and Information Line: 403-237-5888 Alberta's One Line for Sexual Violence: 1-866-403-8000 TTY line: 403-508-7888 Email: info@calgarycasa.com Location: Northland Building, Suite 700, 910-7th Ave SW. Calgary, AB T2P 2N8 Website	If you have been sexually assaulted within the last 96 hours, please go to the Sheldon Chumir Health Centre and ask for the Sexual Assault Response Team.	- Crisis Intervention - Support and information line - Individualized specialized counselling - Group counselling - Sexual assault response team - Calgary Sexual Assault Response Team (CSART) - Clinical Services - Educational resources & Outreach	Free
Calgary Distress Centre Phone: 403-266-4357 (HELP) Email: help@distresscentre.com Location: Suite 500, 999 8th Street SW Website	Counselling services via phone or video Evening and emergency appointments **Crisis line 24/7**	- Counselling - Crisis support	Free
Calgary Counselling Centre Phone: 403-265-4980 Counselling: 833.827.4229 Email: contactus@calgarycounselling.com Location: Suite 1000 105 12 Ave. SE, Calgary, AB Website	Services online or over the phone Monday – Thursday: 8:30am-7:30pm Friday: 8:30am-5pm Saturday: 9am-3:30pm	Individuals & couples, families and group counselling	Sliding scale, starting at $5

Calgary Family Counselling Centre Phone: (403) 802-1680 Email: cftc@ucalgary.ca Location: #600, 1816 Crowchild Trail NW, Calgary, AB Website	Monday – Thursday: 9am-6pm Friday: 9am-5pm	Professional therapists work with families whose children are experiencing psychological, emotional, or behavioural problems.	Free
Centre for Sexuality Counselling Phone: 403-283-5580 Email: intake@centreforsexuality.ca Book online: Website Website	Monday- Friday: 9am-5pm *case-by-by case outside of regular hours	Short-term, 1-hour counselling sessions - Gender identity and sexual orientation - Coming out - Family acceptance - Medical/social transitioning - All options pregnancy counselling - Relationships and consent - Sexually transmitted infections	
Skipping Stone Phone: 587-33304342 Email: info@skippingstone.ca Location: 1250 407 2 St SW, Calgary, AB, T2P 2Y3 Website	Services virtually to anyone in Alberta	- Individual, group, and family counselling - Connections to affirming physicians and transgender health care - Legal help - One-on-one peer support - Support groups - Income assistance - Work support - Free gender gear (binders, breastforms, gaffs, packers) - One-on-one skills sessions on gender expression (e.g., hair styling, make-up, grooming)	

Student Wellness Services Phone: 403-210-9355 Email: sar@ucalgary.ca Location: Room 370, MacEwan Student Centre Website	Counselling offered remotely via Microsoft Teams, and phone	Single session counselling For non-urgent mental health support email: sar@ucalgary.ca Can book medical appointments, mental health appointments, chiropractic appointments, and massage appointments via the phone number listed. Virtual and in-person appointments available	Free for current students (Fees for chiro and massage only)
University of Calgary Psychology Clinic Phone: 403-220-7731 Email: PsyClinic@ucalgary.ca Location: EDC 281, 2750 University Way NW, Calgary, AB Website	Currently only accepting children and youth	Community clinic that offers assessment and psychotherapy services for those struggling with a range of issues, including emotional disturbances (e.g., depression, anxiety), effects of trauma, relational problems, life transitions, stress management, insomnia, difficulties with behavioural change, and identity issues.	Sliding scale
Wood's Homes/Eastside Family Centre Phone: 403-299-9696 Email: efc.ecounselling@woodshomes.ca Location: 495 36 St NE #255, Calgary, AB T2A 6K3 Website	Hours: Monday 1-7pm Tuesday-Thursday: 11am-7pm Friday: 12-5pm Saturday: 11am-4pm Closed Sundays and holidays	- Crisis support - Counselling - Multilingual - Consultation via email 24/7 crisis counselling by phone 403-299-9699 or 1-800-563-6106 Text: 587-315-5000 (9am-10pm) live chat: 9am-10pm	Free

MENTAL/HEALTH SUPPORTS AND RESOURCES			
RESOURCES	**SERVICE HOURS**	**SERVICES**	**COST**
Addiction Helpline Phone: 1-866-332-2322 Website	24/7	Toll free confidential service which provides alcohol, tobacco, other drugs and problem gambling support, information and referral to services for adults and youth requiring addiction services.	Free
Alberta Health Services Access Mental Health Phone:403-943-1500 website	Monday – Friday 8am-5pm	Non-urgent service providing information, consultation, and referrals for individuals residing in the Calgary zone with addiction and/or mental health concerns.	Free
Alberta Health Services Adult Addictions Services Calgary Phone: 403-367-5000 Location: 3rd floor, 707 10 Ave SW, Calgary, Alberta, T2R 083 Website	Telephone Only Monday-Thursday 9am-8pm Friday 9am-4pm	Non-medical treatment facility for those experiencing problems related to their use of alcohol, drugs, gambling, or sex addiction. All programs and services are voluntary, confidential, and free of charge. Must be 18+	Free
Alberta Health Services Harm Reduction Projects and Supervised Consumption Site Phone: 403-955-3380 Email: harm.reduction@ahs.ca Scs.calgary@ahs.ca Location: Supervised consumption site, main floor, Sheldon Chumir Health Centre, 1213 4 St. SW, Calgary AB, T2R 0X7 Website 1 Website 1, Website 2	24/7	Safeworks harm reduction program - Risk reduction supplies and information - Safer substance use and overdose prevention - Testing and counselling - Physical and mental health assessments and interventions	Free
Alberta Quits Helpline Phone: 1-866-710-7848 Website	Monday - Sunday 8AM to 8PM	Telephone tobacco cessation counselling, support, and information for all Albertans.	Free

Aventa Addiction Treatment for Women Phone: 403-245-9050 Email: info@aventa.org Location: 610- 25 Avenue SW, Calgary, AB T2S 0L6 Website	24/7 live-in facility (403)-245-9050 for Monday-Friday 8:00am-4:00pm (403)-541-4658 for Evenings/Weekends	Trauma informed, gender-specific, concurrent capable, live-in addiction treatment services for women. Women must be 18 years of age and over.	$40 assessment fee is due at the time of assessment
CCASA – Calgary Communities Against Sexual Abuse Phone: Support and Information Line: 403-237-5888 Alberta's One Line for Sexual Violence: 1-866-403-8000 TTY line: 403-508-7888 Email: info@calgarycasa.com Location: Northland Building, Suite 700, 910-7th Ave SW. Calgary, AB T2P 2N8 Website	If you have been sexually assaulted within the last 96 hours, please go to the Sheldon Chumir Health Centre and ask for the Sexual Assault Response Team.	- Crisis Intervention - Support and information line - Individualized specialized counselling - Group counselling - Sexual assault response team - Calgary Sexual Assault Response Team (CSART) - Clinical Services	Free
Calgary Distress Centre Phone: 403-266-4357 (HELP) Email: help@distresscentre.com Location: Suite 500, 999 8th Street SW Website	Counselling services via phone or video Evening and emergency appointments **Crisis line 24/7**	- Counselling - Crisis support	Free
Calgary Outlink Phone: 587-917-6469 (COVID-19) Phone: 403-234-8973 (closed) Email: support@calgaryoutlink.ca Location: 104 223 12 Ave SW, Calgary, AB Website Facebook	Monday – Friday 10am-6pm	Community-based, not-for-profit charity dedicated to providing support, education, outreach, and referrals for the LGBTQ2IA+ and allied community - Drop-in peer support - Community groups - Online resources	

Carya Phone: 403-269-9888 Email: info@caryacalgary.ca Location: 180, 839 5 Avenue S.W. Calgary, Alberta, T2P 3C8 Website	Monday – Friday 8:00am – 5:00pm	- Community Hubs - Family Support - Individual Well-Being & Education - Support for Older Adults - Youth Engagement	
Family Violence Phone: 310-1818 403-234-7233 403-266-4357 Alberta Provincial abuse helpline: 1-855-4HELPAB (1-855-442-5722) Child abuse hotline: 1-800-387-KIDS(5437) Protection for persons in care reporting line: 1-888-357-9339 Text: 403-604-6689 Live Chat Website	**Call 911 if in danger** Online chat 8am-8pm *English only	- Multilingual - Anonymous - Access to help - Information for family violence, child abuse, persons in care - Victims' services - Shelters - Sexual assault services - Indigenous services - Pet safety - Legality and rights	
Sexual Violence Support Phone: 403-220-2208 Email: svsa@ucalgary.ca Location: MSC 373F, MacEwan Student Centre Website	Remote support available	- Give support - Get support - Request workshop and/or materials	Free
Text4Hope (Alberta Health Services) Text: COVID19HOPE to 393939	Daily text messages for three months. Daily messages with advice and encouragement.	- Free based on phone plan	
Women's Health Collective Phone: 403-265-9590 Location: 3rd flood, 223 12 Ave SW, Calgary, Alberta, T2R 0B9 Website		- Counselling	Sliding scale

UCALGARY HEALTH AND WELLNESS RESOURCES			
RESOURCES	**HOURS OF OPERATION**	**SERVICES/ RESOURCES**	**COST**
Campus Mental Health Strategy Phone: Email: mhstrategy@ucalgary.ca Website The Campus Mental Health Strategy is UCalgary's institutional commitment to mental health for the whole campus community.	Events will be online for Fall 2020	The Campus Mental Health Strategy's website is a centralized resource for mental health and wellbeing for the UCalgary campus community. The Strategy also partners with Student Wellness Services and Staff Wellness to offer programming and resources.	Free
Mental Health & Wellness Subcommittee - Graduate Students' Association Email: wellness.gsa@ucalgary.ca Instagram: ucalgary_mhwc Twitter: ucalgary_mhwc Facebook: Mental Health and Wellness GSA University of Calgary	Events will be online for Fall 2020	The subcommittee's purpose is to enhance the mental health of students through events, campaigns, education and advocacy initiatives.	Free
Mental Health Awareness Club – Student Union Email: mentalawarenessclub@gmail.com Instagram: mhaucalgary Facebook: Mental Health Awareness Club		Mental Health Awareness Club works towards education students about mental health conditions, and for the positive treatment and respect of mental health.	Free
Post-Alcohol Support Space (PASS) Phone: 403-220-5333 (Call Safewalk to request and escort from any on-campus location) You can call for yourself or someone you're with Email: campus.security@ucalgary.ca Location: Cascade Hall (Accessible by escort from Safewalk or the Student Medical Response (SMR) team) Website	PASS is open on Saturdays only	PASS is a medically supervised, judgment-free space on campus where members of the university community can sleep off the effects of alcohol and/or cannabis on Saturday nights. **It's confidential and open to any member of the UCalgary community.**	Free
Peer Support Phone: 403-210-9355, option #2 Email: megan.mackay@ucalgary.ca Location: Room 370, MacEwan Student Centre Website		Volunteers are trained in active listening and helping skills. Everything you tell them is confidential, unless you're at risk or harming yourself or someone else. Find peer support, self-help resources, and workshops.	Free

Sexual Violence Support Phone: 403-220-2208 Email: svsa@ucalgary.ca Location: MSC 373F, MacEwan Student Centre Website	Remote support available	Registered social worker with professional experience in domestic and sexual violence, education and mental health.	Free
Student at Risk Team Phone: 403-220-4923 Email: SAR@ucalgary.ca Location: Room 370, MacEwan Student Centre Website **If you think there's an immediate risk of harm, call 9-1-1 or Campus Security at 403-220-5333**	The team is available during regular UCalgary business hours	When a student is identified as being at risk, the team conducts an assessment for risk of violence, and engages with an identified student as early as possible to minimize potential for harm. - Facilitate group training or consultations about recognizing or supporting a student at risk - Drug and alcohol information - Health sexuality	Free
Student Wellness Services Phone: 403-210-9355 Email: sar@ucalgary.ca Location: Room 370, MacEwan Student Centre Website	Counselling offered remotely via Skype, Microsoft Teams, and phone	Single session counselling For non-urgent mental health support email: sar@ucalgary.ca Can book medical appointments, mental health appointments, chiropractic appointments, and massage appointments via the phone number listed. Virtual and in-person appointments available	Free for current students (Fees for chiro and massage only)
University of Calgary Mental Health Pros- Student Union *Instagram:* mhpucalgary		Connects UCalgary students impacted by mental health concerns and aims to reduce stigma surrounding mental health and educate.	
University of Calgary Psychology Clinic		Assessment and psychotherapy services for	Sliding scale

Phone: 403-220-7731 Email: PsyClinic@ucalgary.ca Location: EDC 281, 2750 University Way NW, Calgary, AB Website		those struggling with a range of issues, including emotional disturbances (e.g., depression, anxiety), effects of trauma, relational problems, life transitions, stress management, insomnia, difficulties with behavioural change, and identity issues.	

UCALGARY GENERAL RESOURCES			
RESOURCES	**SERVICE HOURS**	**SERVICES**	**COST**
Campus Security Phone: 403-220-5333 Email: campus.security@ucalgary.ca Location: MacEwan Student Centre, Room 260 Website Safewalk- Main Campus Phone: 403-220-5333 Email: safewalk@ucalgary.ca Approach Safewalk volunteer and request a walk Safewalk- Downtown Campus Phone: 403-473-2614 Email: dtsecure@ucalgary.ca Location: Security Desk 8th Ave or NE8th St Can book if advance or go to location	Safewalk Main campus 24/7 Can use campus Help Phones to call Safewalk-Downtown Campus Monday-Thursday 11am-8pm Friday 11am-6:30pm Saturday 11am-5pm	- Safewalk service is available 24/7 to walk students, staff, and campus visitors safely to their destination on campus. - Security alerts: In the event of a situation affecting the UCalgary community, updates will be posted on the Campus Security website. - Robbery Prevention & Response	Free
Faith and Spirituality Centre Phone: 403.220.5451 Location: MacEwan Student Centre (MSC) 487 Website	Tuesday-Friday 9 a.m. - 4 p.m. All multi-faith spaces are closed for booking for the fall semester in accordance with AHS and University Health and Safety Protocols.	- Pastoral counselling, spiritual direction and faith dynamics (Drop in or contact specific chaplains) - Emotional, spiritual, and academic concerns - Drop in or call for appointment - Website links to yoga, meditation, and mindfulness sessions offered across campus	Free
International Student Services	ISS is online Advising hours:	- Immigration	Free

Email: international.advice@ucalgary.ca Location: MacEwan Student Center, 275 Website	9am-12pm; 1pm-4pm	Information - Resources - ISS Programs & Events - Advising	
Office of Diversity, Equity, and Protected Disclosure William Yimbo (Education Specialist) Phone: 403-220-4405 Email: william.yimbo@ucalgary.ca Rachel Trebilco (Sexual Violence Support Advisor) Phone: 403-220-8140 Email: rachel.trebilco1@ucalgary.ca Location: Administration Building, (AD 116), 2500 University Dr. NW, Calgary, AB, T2N 1N4 Website		Committed to an equitable, diverse and inclusive campus that is accessible to all and free from harassment, bullying, and discrimination.	Free
Ombudsperson/Student Rights Advisor Phone: 403 220-6420 Email: ombuds@ucalgary.ca Location: MacEwan Student Centre, Room 274 Website	In-person support has been temporarily suspended.	Acts as a neutral third party that guides students through policies, procedures and options available depending on the situation. Can assist with term and final grade reappraisals, appeals of academic and non-academic violations and other issues affecting your academic progress at the University	Free
Q Centre Phone: (403) 220-4460 Email: qcentre@ucalgary.ca Location: Closed in person for Fall 2020 Website	Online only for Fall 2020	Provides a safe and inviting space for the LGBTQA+ community at U of C. Features a library and peer support services. Program coordinators and volunteers plan events and direct clients to relevant resources.	Free
Leadership and Student Engagement	Monday-Friday 8L30am -4:30pm	Helping students to thrive through	

Phone: 403-220-5824 Location: MacEwan Student Centre 293 Website		orientation, peer connections, and connecting with the UCalgary community Offers events on connecting with peers	
Women's Resource Centre Phone: 403-220-8551 Fax: 403-210-7970 Email: women@ucalgary.ca Location: MacEwan Student Centre 482 Website	Monday - Friday 8:30 a.m. - 4:30 p.m (via Zoom or Skype) Virtual front desk: Monday to Friday 1-3 p.m	Peer support for everyone including students, staff, and faculty. Find help to develop practical skills to support feminist theory learned in the classroom. Workshops and events centered around wellness	Free
Writing Symbols Lodge Phone: 403.220.6034 Email: writingsymbolslodge@ucalgary.ca Location: Writing Symbols Lodge, 390Z MacEwan Student Centre Website	Monday to Friday, 8:30 a.m. – 4:30 p.m. Advising via Zoom or telephone	Writing Symbols Lodge staff are dedicated to enriching the quality of the student experience and encourage the success of First Nations, Métis and Inuit students through a variety of programs and services. Facilities: - Red Lodge Student Lounge (refrigerator, microwave, toaster, coffee-maker, kettle) - Computer lab - Indigenous Students' Council office - Shared study space - Ceremonial Room	Free

UCALGARY STUDENT SUPPORT RESOURCES			
RESOURCES	**SERVICE HOURS**	**SERVICES**	**COST**
Faculty of Graduate Studies Phone: 403-220-4938 Email: graduate@ucalgary.ca Location: Earth Sciences, 1010 Website	Virtual hours: Tuesday - Thursday: 10 AM - 2 PM	Student services - Graduate scholarship office - Graduate program officers - Graduate academic advisors - My GradSkills	Free
Faith and Spirituality Centre Phone: 403.220.5451 Location: MacEwan Student Centre (MSC) 487 Website	Tuesday-Friday 9 a.m. - 4 p.m. All multi-faith spaces are closed for booking for the fall semester in accordance with AHS and University Health and Safety Protocols.	Pastoral counselling, spiritual direction and faith dynamics (Drop in or contact specific chaplains) Emotional, spiritual, and academic concerns Drop in or call for appointment Website links to yoga, meditation, and mindfulness sessions offered across campus	Free
Ombudsperson/Student Rights Advisor Phone: 403 220-6420 Email: ombuds@ucalgary.ca Location: MacEwan Student Centre, Room 274 Website	In-person support has been temporarily suspended.	Acts as a neutral third party that guides students through policies, procedures and options available depending on the situation. Can assist with term and final grade reappraisals, appeals of academic and non-academic violations and other issues affecting your academic progress at the University	Free
Student Accessibility Services Phone: (403)220-8237 Email: access@ucalgary.ca Location: Student Accessibility Services MacEwan Student Centre 452 Website	Online only Monday – Wednesday and Friday: 9:00 a.m. – noon Monday – Friday: 1 – 4 p.m	Accessible, equitable and supportive learning environment that enhances each student's academic and personal development	Free
Student Success Centre Phone: 403-220-5881 Email: success@ucalgary.ca Location: Taylor Family Digital Library, 3rd Floor Website	**Virtual front desk:** Monday to Friday, 10 a.m. - 4 p.m. A SSC staff member will answer your questions via the chat function or by video.	- Advising support - Learning support programs - Writing support programs	Free

FAITH-BASED RESOURCES		
RESOURCES	**SERVICE HOURS**	**SERVICES**
Catholic Family Services Phone: 403.233.2360 Email: intake@cfs-ab.org info@cfs-ab.org Location: 250, 707 – 10 Avenue SW Calgary, AB T2R 0B3 Website Twitter: @CFS_Calgary	Monday: 8:30 a.m. – 5:00 p.m. Tuesday & Wednesday: 8:30 a.m. – 8:00 p.m. Thursday: 8:30 a.m. – 8:00 p.m. Friday: 8:30 a.m. – 4:30 p.m.	Counselling, education and community outreach programs focused on: - Mental Health and Well-being - Empowering Parents - Healthy Children Success in School
Hindu Society of Calgary Phone: 403-291-2551 Location: 2225 24 Ave NE, Calgary, Alberta, T2E 8M2 Website	Monday- Sunday 10am-1pm and 5pm-9pm	Religious, cultural, and social services
Jewish Family Service Calgary Phone: (403)-287-3510 Email: info@jfsc.org Website	Monday-Thursday: 8:30am-5:00pm Friday: 8:30am-2:00pm	- Older Adult Outreach and Support - Home Support Services - Basic Needs - Resettlement and Integration - Post War Support Program - Financial Coaching - Domestic Violence Support - Community Education - COVID-19 Mental Health Support Line
Muslim Families Network Society Phone: 403-466-6367 Email: muslimfamilysociety@yahoo.com LOCATION: #1129 3961 52 Ave NE, Calgary, Alberta, T1J 0J7 Website		Enhance physical, social, and spiritual wellbeing of individuals and families in Calgary - Education - Poverty relief - Social support - Food bank - Clothing and food drives
SIKH SOCIETY OF CALGARY Phone: 403-246-1776 Email: info@sikhsocietyofcalgary.org Location: 739 81st SW, Calgary, Alberta, T3H 4C6 Website		Promotes integration, participation, and community service

EDUCATION, TRAINING, AND WEBINARS		
RESOURCES	**SERVICE**	**COST**
Calgary Gets Consent Website Eventbrite	Workshops focused on understanding consent Understanding and responding to sexual harassment and assault	
Calgary Queer Arts Society Phone: 403-244-1956 Email: info@calgaryqueerartssociety.com Location: 103 223 12th Ave SW, Calgary, AB, T2R 0G9 Website	- Provides a voice to queer people through the arts - Annual "Coming Out Monologues" - Film festival - Free presentations and panel discussions - Ally Toolkit Workshop - Outreels program	Cost per event Free services
Naloxone Training Phone: 403-210-9355 Email: staffwellness@ucalgary.ca Website	Naloxone kits are available from Staff Wellness, Student Wellness Services, and at participating pharmacies in your community. Information about recognizing and responding to an overdose and training for intermuscular injection of naloxone will be provided with the naloxone kits. Students should call to book training with a registered nurse in Student Wellness Services	Free
Wellness Webinar Series (Taylor Institute for Teaching and Learning and the Campus Mental Health Strategy) Check out the webinars here	Evidence-based wellness webinars with practical tips for mental wellness through the COVID-19 pandemic and beyond. Topics include self-care, resilience, and emotional wellbeing.	Free
Wellness Services Webinars Check out the webinars here	Webinars, events, training, end education virtually and on campus.	Free Some may have a fee

MENTAL WELLNESS AND HEALTH PROMOTION RESOURCES		
RESOURCES	**SERVICE**	**COST**
APPS- MINDFULNESS		
Aura Find the app in the App Store or Google Play. Find their website here.	Emotional health and sleep app that provides a mood tracker, calming music, stories, guided meditation, and more.	Short meditation (3 minutes) and other features are free. Longer meditations are available with a paid subscription. Lifetime - $399 Annual - $59.99/year Monthly Premium - $11.99/month
Calm Find the app in the App Store or Google Play. Find their website here.	Mindfulness app that provides sleep stories, guided meditation, wellness classes, and guided stretches.	Most content is paid. Annual - first week free then $76.99/year
Headspace Find the app in the App Store or Google Play. Find their website here. Check out their youtube channel for more free content.	Mindfulness app that provides guided meditation, breathing exercises, calming music and more.	Free content includes several guided meditation, breathing, and mindfulness exercises. More free content can be found on their youtube channel. Paid content includes mindfulness courses, sleep music, and workouts. Annual - first 2 weeks free then $69.99/year Monthly - first 1 week free then $12.99/month
Insight timer Find the app in the App Store or Google Play. Find their website here.	Mindfulness app that provides guided yoga and meditation, relaxing music, and insightful talks. Lots of free content compared to other mindfulness apps.	Most content is free. Paid content includes more courses. Annual - $79/year
APPS- PHYSICAL ACTIVITY		
Downdog Find the app in the App Store or Google Play. Find their website here.	Yoga app that provides a variety of guided yoga sessions, including relaxation yoga, stretching yoga, and active yoga.	Free for students

Nike Run Club Find the app in the App Store or Google Play. Find their website here.	Running app that provides guided running, tracks your progress, and allows you to share your workouts with friends.	Free
Nike Training Club Find the app in the App Store or Google Play. Find their website here.	Training app with a range of workout classes including yoga, cardio, strength training, and more.	Free
YOUTUBE CHANNELS		
Grounding	5-4-3-2-1	Free
Guided imagery	Nature Forest Beach Ocean	Free
Guided meditation	Great meditation Michael Sealey Relax For A While	Free
Physical activity	SELF MadFit Nike POPSUGAR fitness Group HIIT	Free
Progressive muscle relaxation	Relax For A While Progressive Muscle Relaxation PMR	Free
Yoga	Yoga with Adriene SarahBethYoga lululemon	Free