

AUGUSTANA RESOURCES:

Centre for Personal Counselling:

Learning Commons (Second Floor of the Library)

Offices: 2-143, 2-146

Carmen Person 780.679.1511

To make an appointment email:

augustana.counselling@ualberta.ca

Drop-in times available Wednesdays 1-3 pm

Counselling Centre website

<https://www.ualberta.ca/augustana/services/health/counselling>

Click on resources.

Pastoral Counselling:

Learning Commons (Second Floor of the Library)

Office: 2-141

Craig Wentland 780-679-1535

Email: craigw@ualberta.ca

UAPS (University of Alberta Protective Services)

Available 24 hours a day, 7 days a week

780-608-2905

Unitea

Have a chat with a fellow Augustana student over tea.

<https://www.ualberta.ca/augustana/services/health/health-services/unitea>

RESOURCES FOR ALL UofA STUDENTS

Peer Support Centre UofA North Campus

1-780-492-4357, Mon-Fri: 9am-8pm

Book an appt with a fellow student.

www.su.ualberta.ca/service/psc

Sexual Assault Centre UofA North Campus

1-780-492-9771

Support, counselling, information, referrals.

Office of Safe Disclosure and Human Rights

300 Campus Tower, Edmonton 1-780-492-7325

Student Health Plan

(for students who have paid into the plan)

Meet an on-line Psychologist

(80% reimbursement plan)

1-844-337-2473 ext. 0

www.psyvitaliti.ca

Email: coordinator@psyvitaliti.ca

CRISIS NUMBERS & APPS:

Camrose Open Door Association 24/7:

780-679-4357 (HELP)

Alberta Mental Health 24 Hour Help Line:

1-877-303-2642

Sexual Assault 24 Hour Crisis Line: 1-780-423-4121

Alberta Healthlink: 811

211 Alberta: You can dial 2-1-1 to speak to an Information & Referral Specialist, or search our online community resource directory, or chat online with us from 12-8pm MT daily.

Wello

Free, unlimited access to Wello virtual healthcare when you need it, during the day and 24/7 on-call for urgent care. Register at:

<https://wello.ca/augustana/>

Welltrack: <https://ualberta.welltrack.com/>

RESOURCES IN CAMROSE

Supportive Information & Referral Counselling

No cost Supportive Information & Referral Counselling is available if you need someone to talk to, one-on-one, who will direct you to appropriate services, including shared ideas on preparing for the referral, what to anticipate, etc. A SIRC Consultant will meet people for up to 3 (free) one-hour consultation sessions.

4821 - 51 St.

780-612-0141

www.camrosefcss.ca

Email: cdss2@telusplanet.net

Camrose Help Book

Guide to Human Service Organizations

<http://camrosefcss.ca/resources/helpbook/>

Addiction and Mental Health Services

4911 47 St.

Mon-Fri 8 am-4:30 pm

780-672-1181

Camrose Open Door Association

Across from Co-op, 4825 51 St.

Psychologist appointment (ages 12-24)

780-679-6803 (Office)

Smith Clinic Walk-in Clinic

Duggan Mall, 6601-48 Avenue

Mon-Thurs: 2:00pm-7:00pm

Sat-Sun: 10:00am-2:00pm

780-672-2423

Section C: 780-672-2423 (press 3 for section C and specify clinic (below) you are booking appointment for)

Youth/Young Adult Clinic

- Dr. Jorgenson and Dr. Boyd (both female doctors)
- Focus on reproductive health
- No specific hours or days, just mention Youth/Young Adult Clinic when you call and they will book you in as soon as they can.
- Can also try for same-day appointments by calling at 8:30 am and mention the clinic.

Rainbow Clinic

- Dr. Jorgenson and Dr. Boyd (both female doctors)
- Specialize in transgender health
- Can get in sooner with less hassle and with staff who understand the differing needs of the LGBTQ2AAIP* community

Camrose Primary Care Network (PCN)

Mon-Fri 8:30 am-4:15 pm

780-608-4927

Camrose Pride Community

www.camrosepride.ca

Association of Communities Against Abuse

Treatment services to survivors of childhood sexual abuse and/or trauma.

acaa@telusplanet.net

403-724-3558

Hospice Society of Camrose and District

Provides support to those with a life-limiting illness, and to their families. From compassionate bedside care to grief support, and public education, our staff and trained volunteers endeavor to support quality of life to the end of life.

camrosehospice@gmail.com

780-608-0636

**If there is an immediate risk of
harm to self or others CALL 911**

