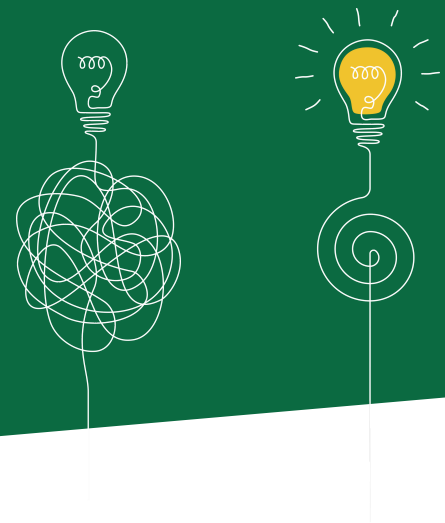


Mental Health Resources for USask Students



On-campus supports

Wellness and mental health

- **Student Affairs and Outreach (SAO)** – Proactive outreach, early intervention, and student advocacy across a variety of wellness concerns. Works with students in distress and coordinates support planning. Room 310, Place Riel | (306) 966-5757 | student.outreach@usask.ca
- **Student Wellness Centre** – Medical and counselling services, mental health support, and health education. 3rd and 4th Floor, Place Riel | (306) 966-5768
- **Peer Health USask** – Peer-led health education and peer support. Marquis 104 | peer.health@usask.ca
- **Empower Me** – Confidential mental health and wellness services. 1-833-628-5589 | download the Dialogue App

Accessibility and academic support

- **Access and Equity Services (AES)** – Accommodations for students who experience barriers to their education on the basis of prohibited ground(s), including disability, religion, family status and gender identity. E1 Admin Building | aes@usask.ca | (306) 966-7273
- **USSU Help Centre** – Peer academic support and listening space
- **USSU Student Advocate** – Academic grievances and appeals

Food and financial support

- **USSU Food Centre** – Food hampers and affordable fresh produce market
- **Crisis Financial Aid (Student Central)** – One-time emergency funding
- **Good Breakfast** – Light breakfast hosted by Faith Leaders in Peer Health
- **Career Services** - Exploring career options, setting goals, mapping-out your career path, and getting you job search ready

Mental Health Resources

On-campus supports *(continued)*

Housing

- **Residence Services Office** – For Residence information | (306) 966-6775
- **USSU Housing Registry** – Off-campus housing listings | ussu.ca/main-page/housing

Identity and cultural support

- **Gordon Oakes Red Bear Student Centre** – Support for the personal, social, cultural, and academic success of First Nations, Metis, and Inuit students.
- **International Student and Study Abroad Centre (ISSAC)** - Support for international students and students looking to study abroad
- **Faith Leaders (Multi-Faith Chaplaincy)** – Spiritual support for all faiths
- **USSU Pride Centre** – a space for people of all sexual orientations and gender identities
- **USSU Women's Centre** – a space for women's interests and issues

Safety

- **Protective Services** – Campus security and 24/7 emergency response | (306) 966-5555
- **USafe App** – Mobile safety app for emergency alerts and support

Off-campus and community supports

- **Saskatoon Sexual Assault and Information Centre (SSAIC)** – Sexual assault crisis counselling | ssaic.ca | (306) 244-2294
- **Mobile Crisis Service** – 24/7 suicide and crisis response | (306) 933-6200
- **Suicide Crisis Helpline (Canada)** – 24/7 helpline | Call/text 988 | talksuicide.ca
- **HealthLine 811** – 24/7 professional health support | Call 811
- **Hope for Wellness Helpline** – 24/7 Indigenous helpline | 1-855-242-3310 | Text: 45645
- **211 Saskatchewan** – Directory of community/social supports | sk.211.ca | Call 211
- **911** – Call in emergencies for police, fire, or paramedics