

## Student Mental Health and Crisis Supports

### What resources and services can students access to support their mental health?

Students can access one-to-one counselling, couples counselling, mental health groups and crisis supports through the [Student Wellness Centre](#) and [Student Affairs and Outreach](#).

If requesting mental health support, students will be asked to complete an intake form and be allocated a mental health intake appointment which works to ensure that students seeking mental health services are connected to the right support at the right time. It is important for students to complete an intake form in person to help counsellors assess the specific needs and, in the case of students assessed to be at immediate risk of harm, refer the student to the appropriate supports immediately during their visit. Depending on a student's needs and the assessment, these supports can include a referral to: Family doctor, Nurse, Crisis Supports (Student Outreach Coordinator), Mental Health Nurse, Counsellor, Psychiatrist, an off-campus community resource, online learning resources, training and education, a mental health support group, or a University Faith Leader.

To access Student Affairs and Outreach, call 306.966-5757 or go in person to the third floor Place Riel (receptions open 8:30am to 4:30pm Monday – Wednesday, Friday, and Thursday 9:30am to 4:30pm Thursday) or email [student.outreach@usask.ca](mailto:student.outreach@usask.ca)

The Student Wellness Centre is a primary health care facility. To access appointments with the doctors, nurses, mental health nurse, call 306.966-5768 or go in person to the third or fourth floor of Place Riel (receptions open 8:30am to 4:30pm Monday – Wednesday, Friday, and Thursday 9:30am to 4:30pm Thursday) or email [student.wellness@usask.ca](mailto:student.wellness@usask.ca)

### What should students expect in terms of wait-times for mental health services?

The goal for students requesting mental health services is for them to be provided an intake appointment within five business days. Every student's needs are a little different so, at that appointment, care options are explored with the student with the intent of matching the supports with the presenting issue. Such options may include online support, psycho-educational groups, referral to the Student Wellness Centre clinicians as well as ongoing one-on-one counselling. There are SAME-DAY, SINGLE-SESSION DROP-IN counselling APPOINTMENTS available 1pm-4pm in Place Riel, which are filled on a first-come, first-served daily basis.

If a student is assessed to be in crisis/at immediate risk upon engaging with the team (either by phone/e-mail or in person), the goal is for them to be seen immediately by the Student Outreach Coordinator, intake counsellor, or another member of the wider team to determine an immediate support/care plan.

### Who should be contacted for support if a student is in distress and crisis?

Crisis response is typically provided by the [Student Affairs and Outreach](#) team which provides outreach, support, interventions, care-coordination to students in distress, experiencing mental health concerns, and / or complicated and complex situations (including sexual violence response). The team also offers **confidential** consultation and guidance to faculty, staff, and students who are concerned about the wellbeing of a student. One team member is based with the Student Residence Life team to provide direct support and short-term (1-3 session) counselling to students living in residence.

The Student Outreach Coordinator can be contacted directly at 306.966.4927. Outside of standard working hours, students in Residence should contact their RA or Coordinator; or alternatively, **Protective Services** should be contacted at 306.966.5555, Saskatoon Police Services on 911 or Saskatoon Mobile Crisis at 306.933.6200. The Student Affairs and Outreach team will be notified and work closely with these teams.

### What other support resources are there on or near campus?

The campus community is encouraged to download the free [USAFE mobile safety app](#) on their mobile device. The USAFE app features emergency contact information, safety tips, a way to ask a contact to virtually walk you home, as well as an emergency alert component. It also includes an interactive campus map, webcam views of campus, links to local transportation, and the ability to send your live location. Details of community supports, including hospitals, are also featured on USAFE.

[Protective Services](#) is a 24/7/365 service to support the University of Saskatchewan by providing safety, security and education to our students, faculty, staff and campus visitors. The team can be contacted at 306-966-5555 or [protectiveservices.dispatch@usask.ca](mailto:protectiveservices.dispatch@usask.ca)

The team at the [Aboriginal Students' Centre](#) is dedicated to supporting the academic and personal success of Métis, First Nations and Inuit students. The centre offers personal, social, cultural and academic support through programs, services and events held throughout the academic year. The [International Student and Study Abroad Centre \(ISSAC\)](#) is a support resource for all international and study abroad students.

Students can access supports from University of Saskatchewan [Faith Leaders](#) – a multi-faith, multi-denominational group which can provide faith-based supports to students: spiritual guidance, advice regarding life and religion; educational, community and cultural events. The Faith Leaders are experienced in pastoral care and supports, with the majority also Mental Health First Aid trained.

Students can also engage with [Peer Health](#) – a student volunteer health-promoting program that works to address health issues that affect student well-being. Areas of focus include: Mental wellness, Alcohol moderation and substance use, Healthy connections, Invisible disabilities, Sexual wellness and Parents on campus. The program is located Marquis Hall 104 (opposite the Campus Bookstore).

Students, faculty and staff can also access groups, **workshops and training** relating to: mental health, sexual assault prevention, mental health first aid training, Safetalk (Suicide Prevention) training, mindfulness meditation, anxiety and depression and much more via the Wellness website: <https://wellness.usask.ca/> There is also a comprehensive webpage that provides information about many student health and wellness issues with links to more detailed related content: <https://students.usask.ca/health/stay-healthy.php>

### Which students are eligible and insured for services?

To access health and wellness services on campus, students need to be registered for classes in that term (holding a current/valid student card) and have a valid Saskatchewan health card. Students can also access off-campus emergency and non-emergency resources using their [health and dental insurance coverage](#) through the USSU, GSA or their personal or family plan.