



UNIVERSITY OF SASKATCHEWAN

Residence Services

A DIVISION OF CONSUMER SERVICES
LIVewithUS.USASK.CA

Wellness & Resource Guide

The Wellness & Resource Guide is a virtual space that brings you information about new, Residence, campus, community, and financial resources.

Browse this guide to find out what resources are available to assist you during your time in Residence and with your personal wellness as well as how to contact each service.

Please pay close attention to the New-to-You resources featured at the beginning of this guide as they contain information designed to help you during this time of the COVID-19 pandemic.

ABOUT THIS GUIDE

In this section, we highlight some supports that are helping people cope with COVID-19, of which you may not be aware.

NEW – TO – YOU SUPPORTS

WELLNESS TOGETHER Canada

Mental Health and
Substance Use Support

How to Access



Visit the website



Click “Get Started”
to create a free
account



Text “WELLNESS”
to 741741



What is it?



Canadian government initiative designed to assist with mental health and substance use in the time of COVID-19



Collaboration with Bell Let’s Talk, Kids Help Phone, and the Mental Health Commission of Canada

Benefits to You



Wellness self-assessment and tracking



Self-guided courses, apps, group coaching



Connect with counselling by text or phone



Safe space to access help to manage with substance use struggles

EMPOWER ME

BY STUDENTCARE

How to Access



Call 1-833-628-5589



Intake professional will ask the reason for the call



If you need help now, you will be connected right away



If you can wait, you will hear from a counsellor within 2 business days



What is it?



Brand new mental health resource created especially for graduate students



Service that gives support on a broad range of topics, such as changes and isolation due to COVID-19, coping, and relationship management with supervisors and family

Benefits to You



Opportunity for graduate students to speak with a trained counsellor via a variety of virtual platforms



Valuable if you are looking for counselling to take place more frequently than, in between, or University-offered counselling



How to Access



Visit the COVID-19
Mental Health
Resource Hub



Learn more about
their work on their
website



What is it?



Canadian charity that works with young leaders to dismantle barriers and provide support and education for mental health



A hub of resources to take care of yourself, and others, during the pandemic has been created in collaboration with other organizations

Benefits to You



Access to information about education, tools, and support to take care of your mental health



Information packages on how to stay socially connected and reaching out for help



Educational material on self-care

In this section, we detail other Residence, campus, community, and financial supports that may help you at this time.


FURTHER SUPPORTS

RESIDENCE


RA on-Duty

Each night, one RA is on-Duty from 7 pm-7 am – they are available to help you. To reach the RA on-Duty, you can visit them in the RA Office or by calling:


College Quarter I
(Aspen & Spruce)

 306-290-4470

A&W
Graduate House


 306-291-5007

Seager
Wheeler

 306-361-7656

Residence Services Office

The Residence Services Office is home to the Operations Team, who oversee operational elements of your time in Residence, such as Agreements and finances. To ask the Office a question:

 306-966-6775

 residence@usask.ca



Resident Assistants (RAs)

The RAs are available to help you with anything from lockouts to reaching out to campus resources. You can find the RAs by paying a visit to their apartments.


Coordinator, Student Life

Your Coordinator, Student Life is your in-house professional support staff, here to offer personal guidance and support, conflict management assistance, and education. To reach your Coordinator:



College Quarter I
(Aspen & Spruce)

 306-966-6562
 annie.johnson@usask.ca

A&W
Graduate House

 306-966-6524
 dalton.vanderneest@usask.ca

Seager
Wheeler

 306-966-6562
 annie.johnson@usask.ca

Counsellor-in-Residence (CIR)

The CIR is a mental health professional who is here to serve our Residence students; though the CIR is available for drop-ins, virtual appointments are being offered. To contact the CIR:

 306-966-5757

 intake@usask.ca


Faculty-in-Residence (FIR)

The FIR offers individual counsel to Residence students and oversees academic supports in Residence.

 martin.gaal@usask.ca

Aboriginal Students' Centre


The Aboriginal Students' Centre provides advising and support services for Indigenous students. To access the Aboriginal Students' Centre:

 306-966-5790

 asc@usask.ca

Access & Equity Services

Access and Equity Services offers accommodations for students based on disability, religion, family status, and gender identity. To contact Access and Equity Services:

 306-966-7273

 aes@usask.ca

International Student and Study Abroad Centre

The International Student and Study Abroad Centre is a central support unit for international students. You can access the International Student and Study Abroad Centre:

 international.students@usask.ca

Students Affairs & Outreach


Student Affairs & Outreach is a team of Social Workers responsible for student outreach, counselling, crisis response, and psycho-educational groups. To book a mental health intake:

 306-966-5757

 intake@usask.ca

Student Central

Don't know who to call or email? Start at Student Central, who can help with questions about finances, registration, and academic life. To access Student Central:

 306-966-1212

 askus@usask.ca

Student Wellness Centre


The Student Wellness Centre is currently offering virtual health care (phone and web calls) for University of Saskatchewan students and their spouses and children. To book an appointment:

 student.wellness@usask.ca

COMMUNITY

Canadian Mental Health Association


The CMHA continues to offer mental health support to our community. They offer resources for to cope with social isolation as well as support over the phone with their Wellness Support Line. To contact the CMHA:

 306-270-3648

 saskatoon.cmha.ca

Mobile Crisis


Mobile Crisis provides 24/7 support (free of charge) to anyone who is experiencing a crisis or knows of someone experiencing challenges. To access Mobile Crisis:

 306-933-6200

Open Door Society

The Open Door Society provides support and programming for newcomers to Canada and Saskatoon, as well as helping them settle in. To contact the Open Door Society:

 306-653-4464

 sods.sk.ca/events/calendar

Saskatoon Food Bank & Learning Centre

The Saskatoon Food Bank and Learning Centre is a community service that gives people access to safe food. They can provide emergency food hampers. To contact them:

 306-664-6565

 office@saskatoonfoodbank.org


Saskatchewan 24-Hour Healthline

HealthLine 811 is a 24/7 service provided to all residents of Saskatchewan to support them with health, mental health and addictions advice. To access the HealthLine:

 811

Saskatoon Sexual Assault & Information Centre

The SSAIC offers counselling services to all survivors, their families, and the general public. Also, there is a 24-hour crisis line to offer support. To contact the SSAIC:

 306-244-2224

FINANCIAL

Crisis Financial Aid

If you are not eligible for the CESB, a USask crisis aid loan may be available to you. For more information, contact Student Central.



306-966-1212



askus@usask.ca

Grants, Scholarships & Bursaries

The University of Saskatchewan has scholarships and bursaries available to new, first-time students undergraduate, returning students, and graduate students (Masters or Ph.D). To get more information about scholarships and bursaries available, you can visit:



students.usask.ca/money/scholarships.php

Residence Payment Plan

If you are not able to meet the stipulated deadlines to pay your Residence fees, you will not need to submit a payment plan in order to make monthly payments. If you have any questions, contact the Residence Office.



306-966-6775



residence@usask.ca