



Mental Health and Wellness Resources

St. Thomas More College Campus Ministry

St. Thomas More College Campus Ministers are trained in Mental Health First Aid and can offer assistance. Crises can happen to any of us. Help is available. **You are not alone!**

Contact: **Michael MacLean** 306.966.8931 (STM Room 233)
Fr. André Lalach 306.966.8930 (STM Room 236)
Gertrude Rompré 306.966.8929 (STM Room 232)

U of S Student Wellness Centre

The Student Wellness Centre offers urgent and non-urgent physical and mental health care to U of S students and their spouses and children. This is a service for students currently registered in classes at the university.

Phone – 306.966.5768

Third floor (Rm. 310) and Fourth floor, Place Riel Student Centre

Hours: 8:30 am – 4:30 pm, Monday to Friday

(<https://students.usask.ca/health/centres/wellness-centre.php#Mentalhealthandcounselling>)

If you are concerned about a student, you can read more about actions you can take and how to access resources at: <https://students.usask.ca/health/centres/student-affairs-and-outreach.php#Concernedaboutastudent> or contact the Student Affairs and Outreach team at 306.966.5757, or:

Tracy Spencer at 306.966.6079 or via email: tracy.spencer@usask.ca
Manager, Student Affairs and Outreach

Family Services Employee Assistance Program

The Family Services Employee Assistance Program (FSEAP) is available to employees of St. Thomas More College. All St. Thomas More College employees and their immediate families (partner and dependent children under the age of 18 but up to 25 if they are attending post-secondary education) are eligible to access this FSEAP and take advantage of its services. There will be no fee or deductible to pay and it is completely confidential. Call 1.866.933.7327 to speak to an Intake Counsellor. You will be able to make an appointment for within 48 hours of your call.

For more information, please go to their website at www.familyservice.sk.ca and look under 'Find Support' and 'Programs'. You can also email: intake@familyservice.sk.ca. Wherever you happen to be in Canada at the time of your call, FSEAP will be able to help through its national network.

Urgent After-Hours Help

If you are in a crisis and don't feel safe managing on your own:

Call Saskatoon Emergency Services - **911**

or U of S Protective Services – **306.966.5555** (24 hours)

Call Saskatoon Crisis Intervention Service (24-hour crisis line) – 306.933.6200

Visit a hospital emergency room:

Royal University Hospital (24 hours) - 103 Hospital Drive

St. Paul's Hospital (24 hours) - 1702 20th Street West

City Hospital (9 am – 8:30 pm) - 701 Queen Street

STM employees can call the Family Services Employee Assistance Program at 1-866-933-7327.



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UNIVERSITY OF SASKATCHEWAN