

## Mental Health and Other Resources

On campus and in Regina:

Lynn Thera, MSW, RSW

Coordinator, Sexual Violence Prevention & Response, Counselling Services

Phone: 306-585-5172

Counselling Services – University of Regina

Location: Room 251 Riddell Centre

Phone: 306-585-4491

<https://www.uregina.ca/student/counselling/index.html>

The Sun Life Financial Psychology Training Clinic

Clinic Location: College West 020 (Below the UofR Bookstore)

Confidential Phone Line: 306-585-5685

<http://www.uregina.ca/arts/psychology/training-clinic.html>

UR Women's Centre

Location: RC 226

Phone: 306-584-1255

UR Pride

Location: RC 225

Phone: 306-586-8811 ext 207

Chaplaincy Offices

Luther College: <https://luthercollege.edu/university/student-life/chaplaincy>

Campion College: <http://campioncollege.ca/campus-life/campus-ministry>

Aboriginal Student Centre

Location: RI 108

Phone: 306-337-3153

First Nations University Elders and Counselling

Regina: 306-790-5950 ext 3129

Saskatoon: 306-931-1800 ext 5475

Prince Albert: 306-765-3333 ext 7139

Campus Security

Location: RI 120

Phone: 306-585-4999

In the Regina Community:

Catholic Family Services Regina

Location: 160 McIntosh Street, Regina SK, S4R 4Z4

Email: [cfsregina@cfsregina.ca](mailto:cfsregina@cfsregina.ca)

Phone: 306-525-0521

<http://www.cfsregina.ca/counselling>

The Caring Place

Location: 2146 Robinson St, Regina SK S4T 2P7  
Phone: 306-347-2273  
<https://thecaringplace.ca/programs-services>

Mental Health Clinic  
Location: 3 rd Floor, 2110 Hamilton Street, Regina  
Phone: 306-766-7800

Regina General Hospital Emergency Department  
Location: 1440 - 14th Avenue, Regina SK, S4P 0W5  
Phone: 306-766-4444

Pasqua Hospital Emergency Department  
Location: 4101 Dewdney Avenue, Regina SK, S4T 1A5  
Phone: 306-766-2222

Other Saskatchewan Resources:

Saskatchewan Crisis Services/Hotline: dial 8-1-1 for professional health advice.  
Regina Mobile Crisis Services: (306) 525-5333 (24 hours) or (306) 569-2724 (after hours)  
Saskatoon Mobile Crisis Service: (306) 933-6200  
Prince Albert Mobile Crisis Unit: (306) 764-1011  
Southwest Crisis Services: (306) 778-3386 or 1-800-567-3334  
FHHR Mental Health & Addiction Intake Worker: 1 (877) 564-0543 or (306) 691-6464  
West Central Crisis & Family Support Centre: (306) 463-6655 or 306-463-1860 (after hours)  
North East Crisis Intervention Centre: 1 (800) 611-6349 or (306) 752-9464  
Hudson Bay & District Crisis Centre: 1 (866) 865-7274 or (306) 865-3064