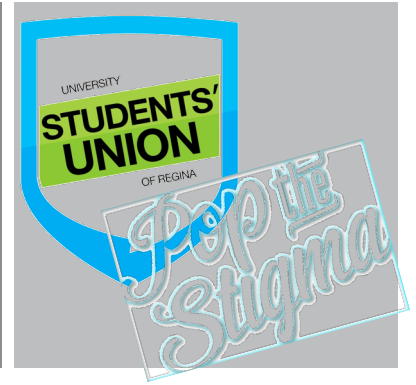


# University of Regina Counseling Services



## Feeling Stressed? Always worried?

Some stress is normal when you're going to university but **1 in 5 students** will suffer from enough distress that they **would benefit from counseling.**

### What can I do?

The U of R offers counseling services free of charge for students at the U of R. These services are confidential and easy to access for students – simply go to the second floor of Riddell, Room 251 to make an appointment.

### When should you go?

Knowing when to schedule an appointment can be tough. Some common issues you might need help with include if you are test anxious, if you've experienced a trauma like losing a family member or a close friend, or if you've recently ended a relationship.

If the feelings you're experiencing are more intense or severe, counseling services can also provide urgent service within 3 days and referrals as needed.

### What options are available to me for?

*Personal Counseling* – This is a great option if you'd like one on one attention for things like anxiety and panic, relationship conflict, depression, grief and loss, academic issues, body image and substance abuse. The U of R offers all students several free sessions per semester. Try it – talking about your problems can be more helpful than you would think!

*Group Counseling* – Simply put, you're not alone. Many students are experiencing the same things as you. The U of R offers a wide variety of group counseling opportunities that can help teach many skills for managing your mental health, including: Meditation and Relaxation, Building Healthy Relationships, Stress Management, and Self-Care.

### But I can't afford counseling...

Seeking counseling doesn't have to be cost prohibitive. Many students can benefit from the free sessions offered by the U of R's counseling services.

If you need more coverage make sure you contact URSU and [www.iHaveAPlan.ca](http://www.iHaveAPlan.ca). Expenses related to mental health, including seeing a psychologist, and some medications are partially covered by your student health and dental plan!

### What else can I do?

Self-care - taking better care of yourself, can help! Eating better, working out, smoking and drinking less, and balancing school with fun can all help with mental health!

## Stressed out but don't know how to fix it? URSU's Student Advocate can help you free of charge!

- Academic Appeals
- Disciplinary Appeals
- Student Loan Appeals
- E-mail [advocate@ursu.ca](mailto:advocate@ursu.ca) to schedule an appointment today!
- Emergency Bursaries
- Notary Public
- Rentalsman Appeals

