Important Contacts for BComm Students

In any life-threatening and/or urgent situation, call 911 & if on campus, call Campus Security at 403-220-5333.

For <u>all BComm students</u>, if you need help with a medical or other emergency, mental health supports, and/or other supports, important contacts are:

- Campus Security, 403-220-5333, 24/7 (includes Safewalk)
 - 2nd floor MacEwan Student Centre (Mac Hall, west end)
 - See <u>website</u> for more tools and resources.
- Student Wellness Services, 403-210-9355

3rd floor MacEwan Student Centre (Mac Hall, west end)

- Includes medical, counselling, peer support, and coordinated care.
- For after-hours support, see their <u>website</u>.
- Distress Centre, 403-266-4357, 24/7
 - Text and online chat also available.
- Suicide Crisis Hotline, 988, or Talk Suicide Canada, 1-833-456-4566, 24/7
 - Text 45645 (2pm-10pm).

Additionally for Indigenous students:

- Hope for Wellness Helpline, 1-855-242-3310, 24/7
 - Online chat available.

Additionally for <u>Co-op students</u>, if while on a work term you are experiencing any distressing, life-threatening, and/or other urgent situation at your place of employment:

- Call 911 if urgent and/or life-threatening. If you are employed on campus, call Campus Security at 403-220-5333.
- If your workplace is unsafe (physically and/or psychologically), do not return to your place of employment – email <u>coop@haskayne.ucalgary.ca</u> and we will assist ASAP during regular business hours.

Additionally for <u>BComm students abroad</u> on a University of Calgary approved exchange or group study program, international co-op work term, or other university business:

- In life-threatening and/or urgent situations, dial local police or emergency services.
- International SOS, 1-215-354-5000 (call collect), 24/7 sos@international.gc.ca UCalgary membership number: 27AYCA093142 Or access through the app (iPhone / Android)
- UCalgary Risk Management, <u>riskmgmt@ucalgary.ca</u>
 - See <u>website</u> for more emergency contacts and information.
- Global Affairs Canada, 1-613-996-8885 (call collect), 24/7 Text 613-209-1233 (carrier charges may apply)
- Email <u>undergrad.exchange@haskayne.ucalgary.ca</u>, and we will assist during regular business hours.



