# Student Resources

## You belong at UCalgary, and we want you to flourish.

### Playing:

Attend a Dinos game! Did you know that UCalgary students get free access to all Dinos home games during the regular season. Get your FREE All-Access Pass and enjoy the full Dinos experience.

### Interacting:

Explore the many resource centres and services available to UCalgary students - there are so many ways to interact and engage on campus!

### Helping Others:

Take advantage of the many Mental Health Training opportunities offered throughout the year to build your skills in recognizing, understanding, and supporting others who may need extra help.

### Connectedness:

Access Mental Health Services. Seeking mental health support and improving your understanding of mental health can have a positive impact on your well-being and help you succeed on your academic journey.

**Mental Health Resources:**

Get Help Anytime: Access these resources 24 hours a day, 7 days a week for support and assistance when you need it. If you have immediate safety concerns for yourself or others dial 911. Mental Health Resources

### Learning:

Student Success Centre (TFDL 3rd Floor) provides inclusive advising and academic support services. Check out their upcoming workshops and events to learn more about strategies that support your learning.

# Staff Resources

## You belong at UCalgary, and we want you and your career to flourish.

### Playing:
Take a walk with a colleague! Wellbeing Walks

### Interacting:
The Wellness Champion Network is a Community of Practice that contributes to a supportive workplace environment and campus community by sharing information on wellbeing resources and education, promoting positive psychosocial factors, and encouraging positive health and wellness practices in community members. Wellness Advocate Program

### Helping Others:
Find support in a challenging time, from mental health and financial resources to resilience-building workshops; Resources to Help Navigate Change

### Connectedness:
Workshops, resources, safer substance use, and much more! Wellbeing & WorkLife

**Mental Health Resources:**
Get Help Anytime: Access these resources 24 hours a day, 7 days a week for support and assistance when you need it. If you have immediate safety concerns for yourself or others dial 911. Mental Health Resources

### Learning:
ULearn is your hub for UCalgary's curated learning programs, guides, and toolkits for career growth and professional development! ULearn