



SAMU, MACEWAN, AND COMMUNITY RESOURCES:

Here are additional resources in the community
that provide mental health support:

SAMU Peer Support

SA-223, SAMU Building
City Centre Campus, 10850 104 Ave

For information about Peer Support, please
reach out to the Peer Support Assistant at
sapeersupport@macewan.ca

MacEwan Wellness Psychological Services

7-103A, City Centre Campus, 10700 104 Avenue

[macewan.ca/safe-at-macewan/
mental-health-counselling](http://macewan.ca/safe-at-macewan/mental-health-counselling)

780.497.5063 • wps@macewan.ca

Alberta Community Services Line

Call 211

For immediate support please contact:

Distress Line

780.482.HELP (4357)

To access additional support resources or
to book an appointment with a trained
Peer Support volunteer visit:

samu.ca/peersupport



SUPPORTING MENTAL HEALTH



Mental Health is a common concern
for students. Learning more about
Mental Health can help us support
ourselves and the people around us.

samu.ca/peersupport

 @SA_macewan  /SAMacewan

 @SAMacewan  /SAMacewan

The Students' Association of
MacEwan University (SAMU) is a
non-profit organization working
independently from MacEwan
University to support students.

PEER SUPPORT

Mental health concerns are common and affect many students. Mental health impacts our emotional, psychological and social well-being. Any number of situations and/or events can change our mental health. Factors that can contribute to these changes include failing a test, losing a loved one, relationship problems, or financial struggles. These factors can result in depression, anxiety, or other mental health concerns.



UNDERSTANDING MENTAL HEALTH

Mental health concerns are often stigmatized, and it is essential to reduce this stigma. It is important not to pass judgement, educate yourself, support others when you can, and have conversations about mental health with loved ones.

SOME SIGNS THAT AN INDIVIDUAL MAY BE STRUGGLING WITH THEIR MENTAL HEALTH INCLUDE, BUT ARE NOT LIMITED TO:

- **Having low or excessively high energy**
- **Isolating themselves**
- **Eating or sleeping too much or too little**
- **Problems concentrating**
- **Inability to perform daily tasks**
- **Dramatic changes in weight**
- **Apathy**
- **Feeling paranoia, worry, or anxiety**
- **Constant irritability or anger**
- **Substance abuse**
- **Changes in school performance**

SEEKING SUPPORT

It is okay to seek support if you or someone you know is suffering from mental health challenges.

SOME FOLKS FIND THE FOLLOWING THINGS BENEFICIAL:

- **Exercise**
- **Talking to a trained professional**
- **Working with a psychiatrist to find the right medication for you**
- **Implementing routines and coping mechanisms**
- **Reaching out to loved ones for support**

Finding what works best for you is crucial to supporting your mental well-being.