## Counselling Services for Architecture Students

The Student Counselling Centre (SCC) and the Faculty of Architecture are pleased to inform Architecture students that two counsellors from the SCC, Linda Churchill and Tim Osachuk, will be available in Architecture to provide support for the 2022/23 academic year. They will be available to provide in-person (Room 201F John A. Russell Building) and remote services (i.e., by telephone or video). Students can schedule with them by calling the SCC at 204-474-8592, Monday through Friday, 8:30 am to 4:30 pm. Please identify yourself as an Architecture student wishing to meet with one of the embedded counsellors. Linda will be onsite Mondays and Tim on Thursdays.

Architecture students can also seek support from the main office of the SCC which is located at 474 UMSU University Centre. The SCC offers a wide range of support services including individual counselling, couples counselling, workshops and groups.

Check the SCC website to learn more about their services:

Umanitoba.ca/student/

If you are in need of urgent/immediate counselling support (e.g., you are at risk of harming yourself), please use one of the below crisis services:

- Mobile Crisis Service (204-940-1781)
- <u>Klinic Crisis Line</u> (204-786-8686)
- Manitoba Suicide Prevention and Support Line (1-877-435-7170)
- First Nations and Inuit Hope for Wellness Services (1-855-242-3310)
- Support line for women experiencing domestic violence (204-940-6624)
- Sexual Assault Crisis Line (1-888-292-7565)