



# Guide to Bannatyne Resources

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This package was created by the Healthy U program at the University of Manitoba. Healthy U is a UM student group made up of a team of friendly volunteers who are trained student health educators.

We provide students with validated health information through our health packages and outreach events, online resources, and one-on-one support. Health topics that we provide resources on include mental health, sexual health, physical health, substance use, social and cultural wellness, and finding a balance.

Please reach out to us if you have any questions at:  
[healthyu@umanitoba.ca](mailto:healthyu@umanitoba.ca)



# Bannatyne Resources and Wellness

## Information on this guide

Throughout this guide, you will find resources that are available to UM Bannatyne Students. Most of these resources are accessible through the Bannatyne campus. However, we have also included additional resources you may access through the Fort Garry campus should you wish.

This guide includes resources to help manage physical and mental wellbeing as well as academic supports, social and cultural resources and additional sources that may be of help to you in your student journey.

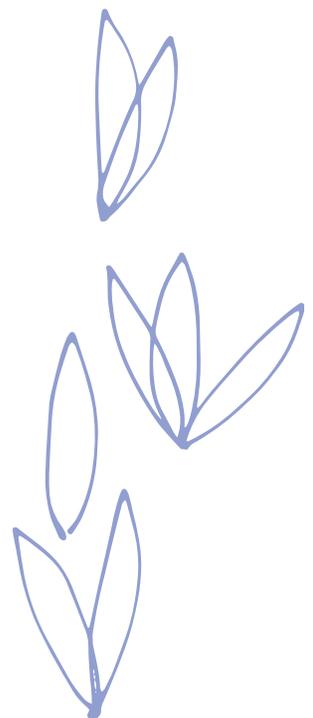
## Your wellness matters

Regardless of your area or year of study, all students are welcome and encouraged to access UM health and wellness resources. These resources are designed on the basis that your wellness matters. If you feel you may benefit from support, please do not hesitate to reach out to any of the resources listed below.

**Your wellness matters and we are here to help.**

## Accessing Bannatyne resources

To access any Bannatyne student services as listed, contact:  
bcstudentservices@umanitoba.ca or call 204-272-3190



# UM Resources

## Academic Wellness

### [Academic Learning Centre](#)

The Academic Learning Centre supports students at any point of their academic journey. Students and residents are welcome to make an appointment or attend workshops. These resources can help with study skills, writing, research, and time management. The Academic Learning Centre also has virtual resources.

Follow the [link](#) to register and then book an appointment using the “Graduate student and study skills calendar” which you can find in the drop-down menu next to the date at the top of the page.

S211 Medical Services Building  
academic\_learning@umanitoba.ca  
204-272-3190

### [Student Accessibility Services \(SAS\)](#)

Student Accessibility Services provides supports for students with disabilities.

S211 Medical Services Building  
student\_accessibility@umanitoba.ca  
204-272-3190

### [Career Services](#)

Career support for undergraduate, resident, and graduate students with their career planning and job search, offering a wide range of help throughout a student's career journey. They also support recent alumni in their job search, and help employers with their recruitment needs.

474 UMSU University Centre  
cs.receptionist@umanitoba.ca  
204-474-9456

### [Academic Advisors](#)

Contact your college specific advisors about your path as a student.

### [Neil John Maclean Health Sciences Library](#)

Neil John Maclean Health Sciences Library is the library for Bannatyne campus. You can receive information about materials, subject guides, research and instruction support.

After hours and weekends requires swipe access to the Brodie Building.

727 McDermot Avenue, Monday to Friday, 8:00 am to 5:00 pm.

HealthLibrary@umanitoba.ca

204-789-3342

\*Please check websites for remote services

# UM Resources

## Mental Health

### Student services at Bannatyne campus (SSBC)

The SSBC provides students with supports for their mental wellness. The offer offers individual counselling, workshops, and groups.

S211 Medical Services Building

[bcss@umanitoba.ca](mailto:bcss@umanitoba.ca)

204 - 272-3190

### Health & Wellness

The Health and Wellness Educator is a Registered Psychiatric Nurse and available to talk about health and wellness topics.

469 UMSU University Centre (within the SCC - Fort Garry Campus)

204-295-9032

[healthandwellness@umanitoba.ca](mailto:healthandwellness@umanitoba.ca)

<https://umanitoba.ca/student-supports/health-wellness>

### Sexual Violence Resource Centre (SVRC)

Provides support, resources, information and referral services for any student, faculty or staff member who has been affected by sexual violence

537 UMSU University Centre

[svrc@umanitoba.ca](mailto:svrc@umanitoba.ca)

204-474-6562

### Healthy U

Check out our website to learn about health and wellness topics! Currently available at the Fort Garry Campus.

### Console

Console is a mental health service available to UM students who have insurance through the university. Console offers 24-hour crisis support, daily journal, wellness assessment quizzes, mental health literacy training, and self-guided therapy. Console also connects students with mental health professional support VIA telephone.

[https://studentcare.ca/rte/en/IHaveAPlan\\_UniversityofManitoba\\_Console\\_Console](https://studentcare.ca/rte/en/IHaveAPlan_UniversityofManitoba_Console_Console)

\*Please check websites for remote services

# UM Resources

## Physical health

### University Health Services (UHS) Bannatyne

Doctors, nurses and support staff provide a range of medical services including

- treatment of chronic and short-term health concerns,
- regular check-ups,
- pregnancy care,
- travel health counselling and immunizations,
- diagnosis and treatment of mental health concerns and
- health promotion programming

P309 – Pathology Building

Tuesdays, 8:30 am to 3:45 pm

204-474-8411

### Joe Doupe Recreation Centre

Membership and recreational programming for both UM students and the general public.

Check out their [virtual health and fitness programming!](#)

030 Brodie Centre, 727 McDermot Avenue

kerri.chase@umanitoba.ca

204-789-3858

204-789-3617

### Grand Medicine Health Sciences Pharmacy

The Grand Medicine Health Sciences Pharmacy is a public pharmacy located in the Health Sciences Hospital building.

Inside the 700 William Avenue Entrance Inside Health Sciences Hospital

gmhsc@gmhs.ca

204-775-1000

Monday to Friday, 9:00 am to 6:00 pm

Saturday, 10:00 am to 4:00 pm

Sundays and Holidays: Closed

\*Please check websites for remote services

# UM Resources

## Social and Cultural Wellness

### Spirituality Services

One-on-one emotional and spiritual support. Recognize, affirm and work with your existing values and beliefs.

S211 Medical Services Building

204-298-2467

spiritualcare@umanitoba.ca

### Indigenous Student Centre

The Indigenous Student Centre helps welcome and support Indigenous students, as well as provide opportunities for students to learn about First Nations, Inuit and Métis culture.

They support students with academic wellness, career advice, counselling, financial wellness, and social wellness.

Migizii Agamik - Bald Eagle Lodge

204-474-8850

isc@umanitoba.ca

### Ongomiizwin Education, Indigenous Institute for Health and Healing

Ongomiizwin Education provides a space to meet, study, and explore careers and culture to Indigenous students enrolled in health professional programs. Offer a welcoming environment that assists students to meet their academic potential through a variety of culturally relevant programs, resources and supports.

P122 Pathology Building

204-272-3167

ongomiizwin@umanitoba.ca

<https://umanitoba.ca/ongomiizwin/education>

### Gekinoo'amaaged - Indigenous student mentorship program

Provides Indigenous students in the Rady Faculty of Health Sciences with the opportunity to have a role model that learners can turn to for advice and offers a comfortable space to ask questions.

P122 Pathology Building

kimberly.hart@umanitoba.ca

# UM Resources

## Social and Cultural Wellness

### International Centre

Access resources to help with adjustment to life in Canada. International Student Advisors (ISA) are available to help with personal and academic issues, outline university policies and support with life in Winnipeg. The International Centre also has workshops to address common questions and concerns like housing, winter, financial wellness, and academics.

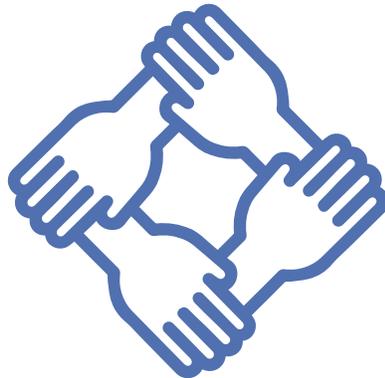
541 UMSU University Centre

international@umanitoba.ca

204-474-8501

### UMSU Student Clubs

There are countless clubs on campus for students with common interests ranging from a hobby or social cause, to religion or culture, and more.



# UM Resources

## Additional Student Supports

### Student Advocacy

Confidential support to help you understand your rights as a student including assistance with making academic requests (e.g., deferrals or withdrawals), filing a complaint, or accessing resources.

520 UMSU University Centre

204-474-7423

stadv@umanitoba.ca

### Financial Aid and Awards

Learn about awards, bursaries, loans, emergency assistance and money-related forms and processes.

awards@umanitoba.ca

204-474-9531

### University of Manitoba Bookstore

Purchase medical reference guides, textbooks, merch, and general reading material from the UofM - Fort Garry Bookstore.

140 UMSU University Centre

204-474-8321

bookstore\_webmaster@umanitoba.ca

### Student Life\*

Get involved with your campus community. Find out how to volunteer, different learning modes, and about CCR.

225 University Centre

204-474-9093

\*Please check websites for remote services

# Crisis Support Resources

## [Manitoba Suicide Prevention & Support Line \(24/7\)](#)

Toll free: 1-877-435-7170

## [Klinic Crisis Line \(24/7\)](#)

Phone: (204) 786-8686

Toll free: 1-888-322-3019

## [Sexual Assault Crisis Line \(24/7\)](#)

Phone: (204) 786-8631

Toll free: 1-888-292-7565

## [First Nations and Inuit Hope for Wellness Help Line](#)

1-855-242-3310

## [Crisis Response Centre:](#)

817 Bannatyne Avenue

## **Mobile Crisis Service**

204-940-1781

## **Community Intake**

204-788-8330

## **Manitoba Addiction Help Line**

1-855-662-6605

[mbaddictionhelp.ca](http://mbaddictionhelp.ca)

# Apps

Click on the app image to learn more about each app!

## Academic Wellness



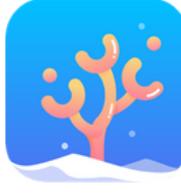
Quizlet



AnkiDroid  
Flashcards



Pomodoro



NoxOcean



Pulse (UMLearn)  
[Apple](#) [Google](#)



UManitoba  
(Aurora)

## Mental Health



How We Feel



Managing your  
stress & anxiety



Happify

## Physical Health



My Water



Couch to 5k (C25K)



UM Recreational  
Services

## Social and Cultural Wellness



Teleparty



UM Safe

# Online Resources

## Academic Wellness

[International Students Reflect on How They Manage Virtual School](#)

[168 Hour Week](#)

[Purdue Online Writing Guide](#)

## Mental Health

[Manitoba Care for your Mental Health](#)

[Wellness Together Canada](#)

[Self Compassion](#)

[Anxiety Disorders Association of Manitoba](#)

[Mood Disorders Association of Manitoba](#)

## Physical Health

[UM Virtual Health and Fitness](#)

[Canada's Food Guide](#)

[Sleep Foundation](#)

## Social and Cultural Wellness

[Community Engaged Learning](#)

[The Trevor Project](#)

[Volunteer Manitoba](#)

