



Risio Institute for Digital Dental Education
Student Support Services



Risio Institute for Digital Dental Education

Dental Assistant Distance Delivery Program

Student Support Services

Risio Institute is committed to providing students with the additional support they require. From time to time, students may need additional support in various areas. Faculty and staff at Risio Institute are available to assist students in obtaining the assistance they require by pointing them in the direction of an expert who can help. This manual was developed to provide students with information and links to a variety of services that may benefit them in specific circumstances. If help is required outside of the resources provided in this manual, students are asked to call 911 for emergency/crisis situations.

Student Support Services for ADHD

- “How to ADHD”

https://www.youtube.com/channel/UC-nPM1_kSZf91ZGkcgY_95Q

This is a YouTube channel dedicated to living with ADHD and gaining more information about ADHD

- “Everything you Need to Know about ADHD”

<https://www.healthline.com/health/adhd>

This is an overview of Attention Deficit Hyperactivity Disorder

- “Tips for Managing Adult ADHD”

<https://www.helpguide.org/articles/add-adhd/managing-adult-adhd-attention-deficit-disorder.htm>

Tips for managing Adult ADHD

- Centre for ADHD Awareness: 10 ways to achieve success for university or college students with ADHD

<https://caddac.ca/>

Student Support for Jobs and Employment

- <https://www.alberta.ca/employment-jobs.aspx>

This is a Government of Alberta website with information on employment standards, job searches, and occupational health and safety

- Job Bank Canada

<https://www.jobbank.gc.ca/home>

Search for jobs across Canada

- Resume Do's and Don'ts

<https://www.jobbank.gc.ca/findajob/resources/write-good-resume>

This site provides tips for writing your resume

- How to Write a Cover Letter

<https://www.glassdoor.com/blog/guide/how-to-write-a-cover-letter>

This site provides a guide to writing a cover letter

Student Financial Support Services

- Credit Counselling Society

<https://www.nomoredebts.org>

The Credit Counselling Society is a non-profit organization across Canada designed to help you manage your credit and debt

- Managing Your Money

<https://www.canada.ca/en/services/finance/manage.html>

This site provides money management advice courtesy of the Government of Canada; including budgeting, banking, insurance, and retirement planning

- Practical Money Skills

<https://www.practicalmoneyskills.org/en>

This site provides general information related to practical skills for managing money

Indigenous Student Support Services

- National IRS Crisis Line: **1-866-925-4419**

The Indian Residential Schools Crisis Line is available 24/7 for anyone experiencing pain or distress as a result of his or her Residential school experience.

- Hope for Wellness

<https://www.hopeforwellness.ca/>

1-855-242-3310 or chat

Hope for Wellness offers immediate counselling and crisis intervention for all Indigenous peoples across Canada and is available 24/7.

- Indian Residential School Survivors Society Emergency Crisis line

<https://www.irsss.ca/>

1-800-721-0066

The Indian Residential School Survivors Society Emergency Crisis line is available 24/7 for counselling support.

- Indian Residential Schools Resolution Health Support Program

<https://www.sac-isc.gc.ca/eng/1581971225188/1581971250953>

1-888-495-6588

The Indian Residential Schools Resolution Health Support Program provides mental health, emotional and cultural support services to eligible former Indian Residential School students and their families.

Student Support Services for Physical and Sexual Abuse

- Shelter Safe

<https://www.sheltersafe.ca>

This site provides a comprehensive list of women's domestic violence shelters and transitional housing across Canada

- Do It Yourself Online Safety

<https://chayn.gitbook.io/diy-online-safety>

This site provides a guide to help you keep yourself safe online

- Living in An Abusive Relationship: Strategies for Staying Safer

<http://www.legal-info-legale.nb.ca/en/uploads/file/pdfs/safety-planning/strategies/Safety%20Plan-Eng-Web.pdf>

This site provides a comprehensive guide for individuals in abusive relationships including a risk assessment, safety planning, and information on power and control

2SLGBTQIA+ Student Support Services

- Transgender Visibility Guide

https://assets2.hrc.org/files/assets/resources/transgender_visibility_guide_042013.pdf

This site provides a guide for transgender folks on coming out, processing emotions, and accepting yourself

- A Resource Guide to Coming Out

https://assets2.hrc.org/files/assets/resources/resource_guide_april_2014.pdf

This site provides a resource guide on coming out

- PFLAG of Canada

<https://pflagcanada.ca>

This site provides access to an organization for friends and family of 2SLGBTQIA+ folks; includes information and peer support

- TransLifeLine

<https://www.translifeline.org>

1-877-565-8860

Transgender support line lead by transgender people

Exam Anxiety Student Support Services

- Youtube Video: 7 Tips to Beat Exam Anxiety

<https://www.youtube.com/watch?v=FyBdA61GmJ0>

This video shows tips and strategies to reduce exam anxiety

Motivation and Procrastination Student Support Services

- Procrastination

<https://www.youtube.com/watch?v=1nBwfZZvjKo>

This video is about procrastination

- Ted Talk: Inside the Mind of a Master Procrastinator

<https://www.youtube.com/watch?v=1nBwfZZvjKo>

This Ted Talk is about procrastination

- The Science of Motivation

<https://www.youtube.com/watch?v=pZT-FZqfxZA>

This YouTube video is about the science of motivation

- The Science of Productivity

<https://www.youtube.com/watch?v=IHfjvYzr-3g>

This YouTube video is about the science of productivity

- The Procrastination Equation

<https://alexvermeer.com/how-we-use-the-procrastination-equation/>

This link provides information on tackling your procrastination with a helpful tool

Student Support Services for Managing Stress

- Help Guide: Stress Management

<https://www.helpguide.org/articles/stress/stress-management.htm>

This site provides tips on how to manage stress

- Stress Management

<https://www.healthlinkbc.ca/healthwise/stress-management>

This site provides tips on how to manage stress

- TED Talk: How to Make Stress Your Friend

https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend#t-852797

This Ted Talk is about rethinking stress

- How to Be Good at Stress

<https://ideas.ted.com/how-to-be-good-at-stress/>

*This is about how to change your view on stress; adapted from the book *The Upside of Stress**

Sleep Support

- Getting a Good Night's Sleep:

<https://www.anxietycanada.com/articles/getting-a-good-nights-sleep>

This site provides tips and tricks on how to improve sleep

- 17 Proven Tips to Sleep Better at Night

<https://www.healthline.com/nutrition/17-tips-to-sleep-better>

This site provides tips and tricks on how to improve sleep

- TED Talk: Sleep is Your Superpower

https://www.ted.com/talks/matt_walker_sleep_is_your_superpower

Brain scientist Matt Walker discusses the importance of sleep

Helpful Apps for Students

- App: Calm Harm

<https://calmharm.co.uk/>

An app that provides tasks to help resist or manage the urge to self-harm

- PTSD Coach Canada

<https://apps.apple.com/us/app/ptsd-coach-canada/id616851357>

Learn about and manage your symptoms of PTSD with this helpful app

- MoodFlow

<https://www.moodflow.co/>

An app that helps you to recognize and keep track of mood patterns and cycles

Alberta Health Services Links:

For after-hours mental health support from the Distress Centre:

- Call **1-877-303-2642**, available 24/7.
- Visit the Distress Centre website to access online chat from 3 - 10 p.m. on weekdays and noon - 10 p.m. on weekends

Programs and Services- Mental Health and Addiction

<https://www.albertahealthservices.ca/amh/Page14063.aspx#details-panel14068>

- Addiction Helpline: 1-866-332-2322
- Mental Health Helpline: 1-877-303-2642. Translation services are available.
- Health Link: Dial 811. Translation services are available.

Additional Provincial Links to Health Services

- <https://www.albertahealthservices.ca/amh/Page14063.aspx>
- <https://www.saskhealthauthority.ca/your-health/conditions-diseases-services/mental-health-and-addictions>
- https://www.gov.mb.ca/betterhealth/health_services/mental_health_services.html
- <https://www.healthlinkbc.ca/mental-health-substance-use/resources>
- <https://ontario.cmha.ca/>
- <https://www.nshealth.ca/>
- <https://www2.gnb.ca/content/gnb/en/departments/health.html>
- <https://www.princeedwardisland.ca/en/topic/health-pe>
- <https://www.gov.nl.ca/hcs/>
- <https://yukon.ca/en/department-health-social-services>
- <https://www.hss.gov.nt.ca/en>
- <https://www.quebec.ca/en/health>