For Athletes Seeking Mental Wellness Support
Connect with Mental Wellness Consultant. Connections can be made by self, a teammate, coach, Varsity Health staff or mental health screening.

Klaudia Sapieja
Mental Wellness Consultant
well2win@ualberta.ca

Individual Consultation
Athletes will meet with the Mental Wellness Consultant to determine needs and next steps.

Well 2 Win Referrals
Referrals for individual counselling as needed.

Athlete Self Support
Counselling & Clinical Services
780-492-5205
Workshops
Group Therapy
Individual Counselling

EmpowerMe
1-833-628-5589
Individual Counselling as part of Studentcare insurance

Follow up & Transition
Athletes will be supported as they transition to maintaining their own mental health.
Assistance can be provided to help athletes access self support options.

Urgent Situations
Cases in need of immediate attention

Emergency Services: 911
UofA Protective Services: 780-492-5050
ACCESS 24/7: 780-424-2424