

# WELLNESS RESOURCES FOR UBC STUDENTS

## IN-PERSON WELLNESS INFORMATION IN THE UBC LIFE BUILDING

- **Wellness Peers\***: Drop in to talk to a trained peer at the Wellness Centre, 10am – 5pm, Monday - Friday (closed at 4pm on Tuesday)
- **Nurse on Campus\***: Monday, Wednesday and Thursday 12pm-2pm and Tuesday 10am-12pm

## ONLINE TOOLS

- **Mindhealthbc.ca** Take an online mental health assessment and find resources
- **Healthlinkbc.ca** Check physical health symptoms and find resources
- **Heretohelp.bc.ca** Learn and access mental health and substance use resources
- **Students.ubc.ca** Find resources, and helpful tips organized by topic
- **MoodFx.ca** is an interactive tool to help people with depression and low mood
- **Therapy Assisted Online (TAO) Self-Help**
  - <https://thepath-ca.taoconnect.org>
  - Learn about managing stress, anxiety, anger, problem solving, and relationships
  - Evaluate your alcohol and drug use
  - Sign up for a free, secure and private account with your UBC email
- **Headspace** is an app to learn to meditate and live mindfully (App store or Google Play).

## COACHING, WELLNESS ADVISING AND COUNSELLING

- **Empower Me**: 1-844-741-6389 (toll-free), 24/7 free multilingual counselling or life coaching in person, by phone or online
- **Counselling Services\***: Room 1040 Brock Hall. Monday, Tuesday and Friday from 8:30am – 4:30pm; Wednesday from 8:30am – 7pm; Thursday from 10am – 4:30pm

## SEXUAL VIOLENCE SUPPORT

- **Sexual Violence Prevention and Response Office**, 604-822-1588, Monday – Friday, 8:30am-4:30pm, [svpro.ubc.ca](http://svpro.ubc.ca)

## MEDICAL CARE

- **Student Health Service in the UBC Hospital\*** - 604-822-7011, Monday, Tuesday, Friday, Saturday, 8am - 4pm; Wednesday, 8am-8pm; Thursday 9am-4pm
- **Your family doctor or a walk-in clinic**. Look up wait times at nearby walk-in medical clinics at [medimap.ca](http://medimap.ca)

## URGENT MENTAL HEALTH SUPPORT

- **Urgent Care at UBC Hospital** - 8am to 10pm daily
- **Crisis Centre BC (24/7)**: 1-800-784-2433, [www.crisis.bc.ca](http://www.crisis.bc.ca)
- **Vancouver residents** can go to **Vancouver General Hospital's Access and Assessment Centre**: 7:30am -11 pm daily, 604-675-3700, [www.vch.ca/aac](http://www.vch.ca/aac)
- **Emergency Services (24/7)**: Call 9-1-1 or go to your nearest emergency department

*\*Summer hours will vary for most on-campus resources. Visit [students.ubc.ca/health](http://students.ubc.ca/health) for up-to-date information.*

# FAQS

## Where can I learn more?

- Visit the Wellness Centre in the UBC Life Building to talk to a Wellness Peer about stress and coping strategies, taking care of your physical and mental health, and resources on and off campus.
- The Wellness Centre offers workshops on a wide range of wellbeing topics – you can attend as an individual or book one for your group. Find out more: [students.ubc.ca/health/wellness-centre/wellness-workshops](https://students.ubc.ca/health/wellness-centre/wellness-workshops).
- Registered nurses from UBC Student Health Service set up booths around campus each week, where you can get personalized tips, resources, and health advice: [students.ubc.ca/health/student-health-service/nurse-campus](https://students.ubc.ca/health/student-health-service/nurse-campus).

## What happens when I drop in to Counselling Services?

If you're feeling persistently stressed, anxious, or sad, you can drop in to Counselling Services for:

- A Wellness Advising appointment: These 15 – 20 minute appointments focus on assessment and wellness planning that connects you to the level of support that best meets your needs.
- A Drop-In Counselling appointment: Many students find that a single counselling session can help them move forward in a positive direction. These 45 minute appointments are goal-directed, focusing on strengths and identifying helpful perspectives and/or strategies.
- Learn more: [students.ubc.ca/health/counselling-services](https://students.ubc.ca/health/counselling-services).

## What is available for graduate students?

- All of the resources listed on this handout are available for graduate students.
- The Wellness Centre has graduate Wellness Peers – find out more: [students.ubc.ca/health/wellness-centre](https://students.ubc.ca/health/wellness-centre).
- For additional graduate student supports: [www.grad.ubc.ca/current-students/professional-development/theme/health-wellness](http://www.grad.ubc.ca/current-students/professional-development/theme/health-wellness).

## What is available for Indigenous students?

- In addition to all of the resources listed on this handout, Indigenous students can access support from counsellors at the First Nations Longhouse – find out more: [students.ubc.ca/health/counselling-services](https://students.ubc.ca/health/counselling-services).
- 24/7 support is available from the First Nations and Inuit Hope for Wellness Helpline and Online Chat: 1-855-242-3310, [www.hopeforwellness.ca](http://www.hopeforwellness.ca).
- Additional information and resources are available through the First Nations Health Authority: [www.fnha.ca](http://www.fnha.ca).

## What do I need to know about health insurance if I'm an international student?

- UBC automatically enrolls you in iMED health insurance for your first months in Canada, and if you will stay longer than six months, you must enroll in the provincial health insurance program (MSP) as soon as you arrive in BC. See the UBC International Student Guide for details: <https://students.ubc.ca/health/health-insurance/health-insurance-details-international>.

## Is there anything more available for students who live in residence?

- First-year students who live in on-campus housing can book an appointment with the Counsellor in Residence: [vancouver.housing.ubc.ca/counsellor-in-residence/](https://vancouver.housing.ubc.ca/counsellor-in-residence/).
- Student Health Service is open on Saturdays (Sept to Apr). This service is open to all students and is especially convenient for students who live in residence. You can pre-book an appointment to see a doctor online or by phone. Same-day doctor's appointments are also available, and can be booked by phone or in person. There is a counsellor on site who can be seen on a drop-in basis, based on availability. Clinic phone: 604-822-7011.
- Nurses on Campus takes place (Sept to Apr) in Totem Park, Place Vanier, Orchard Commons, and Walter Gage: [students.ubc.ca/health/student-health-service/nurse-campus](https://students.ubc.ca/health/student-health-service/nurse-campus).

## How can I help a friend?

- Ask "how can I help?" Sometimes just listening is all that's needed.
- Find the right contact for your concern and share resources: [students.ubc.ca/support](https://students.ubc.ca/support).
- Be aware of observable signs and symptoms that indicate the need for immediate medical intervention (below).

## When should I call 911?

If you, or someone you know, experiences these signs, seek medical help right away:

- Active thoughts of suicide with a plan or suicide attempt
- Loss of touch with reality, hallucinations or disorganized thinking
- Experiencing an alcohol or other drug overdose or trouble remaining conscious
- Immediate concerns about yourself or another person's safety