Mental Health Resources

Stepped Care at Health and Wellness at UBC Okanagan:

• In your first visit with a counsellor, he/she will meet with you to clarify your current needs and/or goals. With your counsellor’s support, you will develop a plan to improve your overall well-being.

• An important component of many treatment plans includes accessing the appropriate resources. To start, this may include learning more about mental health challenges that are relevant to you through online and printed educational resources. As well, this might require incorporating new tools, activities, and strategies into your day in order to promote greater resilience and mental wellness. For some individuals, accessing campus resources through professional and/or student staff may improve their personal wellbeing; and in some cases, workshops and groups on campus may also be available to address individuals’ mental health needs.

• Sometimes one-on-one support from a therapist or counsellor is the best fit for you needs and/or goals. If this is the case, many individual counselling options in the community and on campus are available.

EDUCATIONAL RESOURCES (PRINTED & ONLINE)

- Health and Wellness Website: https://students.ok.ubc.ca/health-wellness/welcome.html
- Anxiety Canada: http://anxietycanada.com
- Headspace: http://headspace.com
- Insight Timer: http://insighttimer.com
- Jack.org: http://jack.org/Home/
- MindShift App: https://www.anxietybc.ca/resources/mindshift-app
- MySleepButton App: https://mysleepbutton.com/home/
- Self-Compassion.org: http://self-compassion.org/category/exercises/

CAMPUS RESOURCES

Academic Support

- Student Learning Hub (Study Skills, Math & Science Tutoring, Writing & Language Support, Supplemental Learning, Online Learning Resources): LIB 237 or visit www.students.ok.ubc.ca/learning-hub

Peer Support

- BARK: http://bark.sites.olt.ubc.ca/
- Peer Mentor Program: https://students.ok.ubc.ca/peermentor
- Peer Support Network (PSN): https://www.ubcsuo.ca/services-psn or psn@ubcsuo.ca
- Pride Resource Centre (PRC): UNC113 or prc@ubcsuo.ca
- Women’s Resource Centre (WRC): UNC113 or wrc@ubcsuo.ca

Other UBC Okanagan Student Services

- Athletics and Recreation: http://camprec.ok.ubc.ca/welcome.html
- Awards and Financial Support: http://students.ok.ubc.ca/finance/welcome.html
Equity and Inclusion Office: UNC 216, https://equity.ok.ubc.ca/
International Programs and Services (IPS): UNC 227, http://students.ok.ubc.ca/international/welcome.html
Nutrition Education Centre: ARTS 179 https://hes.ok.ubc.ca/nutrition-education-centre/
Ombuds Officer: UNC 217, ombuds.office.ok@ubc.ca or (250) 807-9818
Sexual Violence Prevention and Response Office (SVPRO): Nicola 120, shilo.stcyr@ubc.ca, (250) 807-9640, https://svpro.ok.ubc.ca/

GROUPS & WORKSHOPS
Art Hive: we’re back in the lounge outside of UNC 337. Drop-in times coming soon! For more info: sophie.vinette@ubc.ca
CMHA Groups (Bounce Back, Accepting Our Bodies, etc.): https://cmhakelowna.com/
CBT for Sleep: Wednesdays, 6:30-8PM in the UNC 335 starting Sept. 11. No registration required. For more info: nancy.guy@ubc.ca
Lowering Anxiety through Self-Regulation: Thursday, Sept. 26 – Thursday, Oct. 24 at 6:30-8PM in UNC 335. For more information contact Lois at lois.hansenonline@gmail.com or (250) 860-3181
Kelowna Mental Health and Substance Use (KMHSU) groups and programs: 505 Doyle Ave., (250) 469-7070
Community Wellness: Mondays, starting Sept. 16 at 5-6:30PM in UNC 325A. For more info: amanda.bual@ubc.ca
Trans & Gender Diverse Peer Support Group: Next group meet up will be Oct. 8 at 5:30PM in UNC 132. Email prc@ubcsuo.ca for more info!
UBCO Meditation Group: UNC 328, 12:15-12:45PM, Monday to Friday
Y Mind: Information sessions will be on Tuesday, Sept. 17 & 24 at 6:30PM in UNC 336. Call (250) 317-7980 or ymind@ymcaokanagan.ca

ONE-ON-ONE SUPPORT
Empower Me (Student Assistance Program): 1-844-741-6389 or www.studentcare.ca
Foundry Kelowna: https://foundrybc.ca/kelowna/ (236) 420-2803, foundrykelowna@cmha.bc.ca
Kelowna Mental Health and Substance Use (KMHSU) Walk-In Counselling: 505 Doyle Avenue, Mon/Wed/Fri 10AM – 2PM
Private Counselling (using extended health benefits):
  • BC Association of Clinical Counsellors: http://bc-counsellors.org/counsellors/
  • BC College of Psychologists: http://collegeofpsychologists.bc.ca/verify/
  • BC College of Social Workers: https://onlinememberservice.bccsw.ca/webs/bccsw/register/#/
Student Care (UBCSUO plan): www.studentcare.ca or 1-877-795-4427
Third Space (on- or off-campus): (236) 420-4360 or http://thirdspacemind.ca
UBCO Interprofessional Clinic: ASC ground floor, (250) 807-8241; email: ipc.ok@ubc.ca

EMERGENCY SERVICES / URGENT CARE
BC Suicide Help Line: 1-800-784-2433
Crisis Line: 1-888-353-2273
Coping with Suicidal Thoughts: http://www.comh.ca/publications/resources/pub_cwst/CWST.pdf
Kelowna Community Response Team (CRT): (250) 212-8533; 11:30AM - 9PM 7 days/week
Kelowna General Hospital Emergency Department: 2268 Pandosy Street
KUU-US Crisis Line (BC) 1-800-588-8717
Lifeline App: www.TheLifeLineCanada.ca
Trans Lifeline: 1-877-330-6366
Walk-in Clinics in Kelowna: https://medimap.ca/Location/Kelowna and how to find a family doctor; http://www.divisionsbc.ca/central-okanagan