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/counsellor is the best fit for your needs and/or goals. If this is the case, many **individual counselling** options in the community and on campus are available.

**PLEASE NOTE** that many of these resources may be paused or temporarily moved to an online platform during the COVID-19 pandemic. Ask your counselor for additional information.

**ONLINE EDUCATIONAL RESOURCES**
- Health and Wellness Website: [https://students.ok.ubc.ca/health-wellness/welcome.html](https://students.ok.ubc.ca/health-wellness/welcome.html)
- Anxiety Canada: [http://anxietycanada.com](http://anxietycanada.com)
- Headspace: [http://headspace.com](http://headspace.com)
- Insight Timer: [http://insighttimer.com](http://insighttimer.com)
- Jack.org: [http://jack.org/Home/](http://jack.org/Home/)
- Kelty Eating Disorders: [https://keltyeatingdisorders.ca/](https://keltyeatingdisorders.ca/)
- Looking Glass Foundation (online peer support for distorted eating): [https://www.lookingglassbc.com/online-peer-support/](https://www.lookingglassbc.com/online-peer-support/)
- MindShift App: [https://www.anxietybc.ca/resources/mindshift-app](https://www.anxietybc.ca/resources/mindshift-app)
- MySleepButton App: [https://mysleepbutton.com/home/](https://mysleepbutton.com/home/)
- Online Wellness Centre *NEW*: Self-care modules and resources, including sessions with our nurses, counsellors and student peers, and community connection and support for students. [https://canvas.ubc.ca/enroll/3XXRJ3](https://canvas.ubc.ca/enroll/3XXRJ3)

**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](http://www.students.ok.ubc.ca/learning-hub)

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

**Other UBC Okanagan Student Services**
- Aboriginal Programs and Services (APS): UNC 212, [http://students.ok.ubc.ca/aboriginal/welcome.html](http://students.ok.ubc.ca/aboriginal/welcome.html)
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, svpro.okanagan@ubc.ca, (250) 807-9640, https://svpro.ok.ubc.ca/

GROUPS & WORKSHOPS
Art Hive: Stay tuned for Fall 2020 updates! For more info: sophie.vinette@ubc.ca
CMHA Groups (Bounce Back, Accepting Our Bodies, etc.): https://cmhakelowna.com/
CBT for Sleep: Stay tuned for future updates! For more info: nancy.guy@ubc.ca
Healthy Masculinities: Please contact facilitator, Rob, at rob.giardino@ubc.ca to register
Lowering Anxiety through Self-Regulation: For more information contact Lois at lois.hansenonline@gmail.com or (250) 860-3181
Kelowna Mental Health and Substance Use groups and programs: 505 Doyle Ave., (250) 469-7070
Open Circle: Virtual group sessions TBA. For more info: renee.hetu@ubc.ca
Trans & Gender Diverse Peer Support Group: Join the Facebook group for updates! UNC132 or email prc@ubcsuo.ca for more info.
Y Mind: Call (250) 317-7980 or ymind@ymcaokanagan.ca for more information or to register.

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
Here2Talk: Free, confidential mental health support. https://here2talk.ca/home
Kelowna Mental Health and Substance Use (KMHSU) Walk-In Counselling: 505 Doyle Avenue, Mon/Wed/Fri 10AM - 2PM
Private Counselling (using Student Care/UBCSUO plan: www.studentcare.ca)
  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/#/
Third Space Life Charity - Student Care Program (on- or off-campus): For booking, visit thirdspacecanada.org/programs.
UBCO Interprofessional Clinic: Phone (250) 807-8241 (press 1 for reception) for more information.

EMERGENCY SERVICES / URGENT CARE
BC Suicide Help Line: 1-800-784-2433
Crisis Line: 1-888-353-2273 or text HOME to 686868
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
Urgent and Primary Care Centre: 1141 Harvey Ave. (Capri Mall area); (250) 469-6985. Open 1-8:30PM daily
Walk-in Clinics in Kelowna: https://medimap.ca/Location/Kelowna and how to find a family doctor: http://www.divisionsbc.ca/central-okanagan