Mental Health Resources

Stepped Care at Health and Wellness at UBC Okanagan:

• In your **first visit with a counsellor**, your current needs and/or goals will be clarified and 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) OR 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.anxietycanada.com/resources/mindshift-cbt/](https://www.anxietycanada.com/resources/mindshift-cbt/)


☐ MySleepButton App: [https://mysleepbutton.com/home/](https://mysleepbutton.com/home/)

UBCO Wellness Centre Online *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

**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**

- Aboriginal Programs and Services (APS): UNC 212,  
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: Virtual group Wednesdays 10:30AM - noon. For more info: sophie.vinette@ubc.ca
- CMHA Discovery College. Workshops on resilience, mindfulness, emotion regulation, anxiety/stress, coping current events, boundaries, compassion: https://discoverycollegekelowna.com/courses/
CMHA Groups (Bounce Back, Accepting Our Bodies, etc.): https://cmhakelowna.com/

Healthy Masculinities: TBA

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.

UBCO Black Connections & Unity: https://ubc.ca1.qualtrics.com/jfe/form/SV_6oko8dyG6USff5b

Virtual Community: Stay connected to other international students via Zoom. Tuesdays 2-3:30PM. For more info or to register: amanda.bual@ubc.ca

Y Mind: Call (250) 317-7980 or ymind@ymcaokanagan.ca for more information or to register.

ONE-ON-ONE SUPPORT

Foundry Kelowna: https://foundrybc.ca/kelowna/ (236) 420-2803, foundrykelowna@cmha.bc.ca

Here2Talk: Free, confidential 24/7 mental health support for BC post secondary students. Single session appointments: https://here2talk.ca/home

Hope for Wellness: 24/7, free, helpline and online chat counseling for Indigenous peoples across Canada: 1-855-242-3310 or hopeforwellness.ca

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 (on- or off-campus): For booking, visit https://www.thirdspacecanada.org/programs. Walk-ins on hold UNC109

UBCO Interprofessional Clinic: Phone (250) 807-8241 (press 1 for reception) for more information.

Wellness Together Canada: Free, confidential, 24/7, ongoing mental health support for Canadians: https://ca.portal.gs/

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
First Nations Virtual Doctor of the Day. Open 8:30 to 4:30, 7 days per week via Zoom: 1-855-344-3800

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