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 may incorporate tools, activities, and strategies into your day to promote greater resilience and mental wellness. For some individuals, accessing campus resources through professional and/or student staff may improve their personal wellbeing; or workshops and groups 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
☐ Headspace: http://headspace.com  OR  Insight Timer: http://insighttimer.com
☐ Jack.org: http://jack.org/Home/
☐ Kelty Eating Disorders: https://keltyeatingdisorders.ca/
☐ Looking Glass Foundation (online peer support for disordered eating): https://www.lookingglassbc.com/online-peer-support/
☐ MySleepButton App: https://mysleepbutton.com/home/
☐ Self-Compassion.org: http://self-compassion.org/category/exercises/
☐ 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 Coaches): LIB 237 (Library closed but online support available), visit www.students.ok.ubc.ca/learning-hub

Peer Support
☐ BARK: http://bark.sites.olt.ubc.ca/
Peer Mentor Program (upper-year peer connection to tips, community events & resources): https://students.ok.ubc.ca/new-to-ubc/peer-mentor-program/

Peer Support Network (PSN): UNC 132A, https://www.ubcsuo.ca/services-psn or psn@ubcsuo.ca

Pride Resource Centre (PRC): UNC132A, https://www.ubcsuo.ca/services-prc or prc@ubcsuo.ca

Women’s Resource Centre (WRC): UNC132A, https://www.ubcsuo.ca/services-wrc or wrc@ubcsuo.ca

**Other UBC Okanagan Student Services**

Aboriginal Programs and Services (APS): UNC 212 (office is closed but services available remotely) http://students.ok.ubc.ca/aboriginal/welcome.html

Academic Advising: UNC 207 (virtual services available), http://students.ok.ubc.ca/advising/welcome.html or advising.ubco@ubc.ca or 250-807-9100

Athletics and Recreation: http://camprec.ok.ubc.ca/welcome.html

Awards and Financial Support: http://students.ok.ubc.ca/finance/welcome.html

Disability Resource Centre (DRC): UNC 214 (available remotely by Zoom, Skype or phone), http://students.ok.ubc.ca/drc/welcome.html

Equity and Inclusion Office: UNC 216, https://equity.ok.ubc.ca/

International Programs and Services (IPS): UNC 227 (online services only via email or Zoom), 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 (remote service only), ombuds.office.ok@ubc.ca or (250) 807-9818

Sexual Violence Prevention and Response Office (SVPRO): Nicola 120, https://svpro.ok.ubc.ca/ or svpro.okanagan@ubc.ca or (250) 807-9640,

**GROUPS & WORKSHOPS**

Art Hive: Virtual group Tuesdays 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, etc.): https://cmhakelowna.com/

Growth & Success as an International Student: Wednesdays 9:30 – 11AM. For more info: liz.jonas@ubc.ca

Healthy Masculinities: Tuesdays 5:30-7PM online. Starts Feb. 9th for 7 sessions. For more info: rob.giardino@ubc.ca

Journey Together: Wednesdays 5:30PM via Zoom. For more info: liz.jonas@ubc.ca

Kelowna Mental Health and Substance Use groups and programs: 505 Doyle Ave., (250) 469-7070

Maximizing Motivation, Focus and Wellness: Wednesdays 3 - 4:30PM. For more info: liz.jonas@ubc.ca

Trans & Gender Diverse Peer Support Group: Join the Facebook group for updates! UNC132 (space closed) or email prc@ubcsuo.ca for more info.

Y Mind: Call (250) 317-7980 or ymind@ymcaokanagan.ca to register. Thursdays 2:30-5PM (Feb 4th-Mar. 25th). Info sessions Jan. 14 & 21.

**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

Kelowna Mental Health and Substance Use (KMHSU) Counselling: 505 Doyle Avenue. (250) 868-7788.

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/#/

☐ Student Care counselling resource: http://studentcare.ca/talkitout/ or link to their home page: http://studentcare.ca/rte/en/IHaveAPlan_UBCOkanaganUniversityofBritishColumbiaStudentsUnionOkanaganUBC SUO_Home

☐ 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.

☐ UBCO Problematic Substance Use Clinic: Sliding scale $10-80/hour. Phone (250) 807-8241 (press 1 for reception). Email ipc.ok@ubc.ca

☐ UBCO Student Assistance Program (Aspiria): https://students.ok.ubc.ca/health-wellness/student-assistance-program/

☐ 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
Hope for Wellness: 24/7 free helpline/short term online chat for Indigenous peoples in Canada: hopeforwellness.ca or 1-855-242-3310
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