

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 counsellor for additional information.

ONLINE EDUCATIONAL RESOURCES

- Health and Wellness Website: <https://students.ok.ubc.ca/health-wellness/welcome.html>
- Anxiety Canada: <http://anxietycanada.com> ALSO in App form: MindShift App:
<https://www.anxietycanada.com/resources/mindshift-cbt/>
- Centre for Clinical Interventions: <http://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself>
- Disordered Eating (workbooks): <https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Disordered-Eating>
- Headspace: <http://headspace.com> OR Insight Timer: <http://insighttimer.com>
- Jack.org: <http://jack.org/Home/>
- Keltly Eating Disorders: <https://kelyteatingdisorders.ca/>
- Looking Glass Foundation (online peer support for disordered eating): <https://www.lookingglassbc.com/online-peer-support/>
- Mood Gym: <https://moodgym.com.au/>
- 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 (Learning Strategists, Math & Science Tutoring, Supplemental Learning, Writing Support): LIB 237 (Library closed but online support available), visit www.students.ok.ubc.ca/learning-hub
- Peer Technology Assistants: Available during summer: <https://students.ok.ubc.ca/academic-success/learning-hub/tech-support-for-online-learning/>
- BARK: <http://bark.sites.olt.ubc.ca/>

- Peer Mentor Program (Beginning June 1st for first and second year students): <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

- 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/>
- Kelowna Mental Health and Substance Use groups and programs: 505 Doyle Ave., (250) 469-7070
- Trans & Gender Diverse Peer Support Group: Join the Facebook group for updates! UNC132 (space closed) or email prc@ubcsuo.ca for more info.

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_UBCOkanaganUniversityofBritishColumbiaStudentsUnionOkanaganUBCSUO_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>