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
- 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 (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/
- Third Space (on- or off-campus): For booking, visit [https://www.thirdspacecanada.org/programs](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](mailto:ipc.ok@ubc.ca)
- UBCO Student Assistance Program (Aspiria): [https://students.ok.ubc.ca/health-wellness/student-assistance-program/](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](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](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](http://www.divisionsbc.ca/central-okanagan)
- **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](https://medimap.ca/Location/Kelowna) and how to find a family doctor: [http://www.divisionsbc.ca/central-okanagan](http://www.divisionsbc.ca/central-okanagan)