Mental Health Resources

Stepped Care at Student 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.

ONLINE EDUCATIONAL RESOURCES

- Health and Wellness Website: https://students.ok.ubc.ca/health-wellness/welcome.html
- ADHD resources: https://caddac.ca/ and https://caddra.ca and https://students.ok.ubc.ca/2021/02/10/4-adhd-friendly-strategies-to-keep-your-term-on-track/
- Anxiety Canada: http://anxietycanada.com Available as an app: Mindshift CBT
- Daylio: http://daylio.net (also in App)
- Jack.org: http://jack.org/Home/
- Kelly Eating Disorders: https://kellyeatingdisorders.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/

CAMPUS RESOURCES

Academic Support

- BARK: http://bark.sites.olt.ubc.ca/
- Student Connect Desk: UNC 206, https://students.ok.ubc.ca/campus-life/peer-to-peer-support/

Other UBC Okanagan Student Services

- Academic Advising: UNC 207 http://students.ok.ubc.ca/advising/welcome.html
Athletics and Recreation:  http://camprec.ok.ubc.ca/welcome.html

Awards and Financial Support: http://students.ok.ubc.ca/finance/welcome.html. For financial concerns email: awards.inquiry.ubco@ubc.ca

Disability Resource Centre (DRC): UNC 215 http://students.ok.ubc.ca/academic-success/disability-resources/

Equity and Inclusion Office: UNC 325H,  https://equity.ok.ubc.ca/


Indigenous Programs and Services: UNC 210 http://students.ok.ubc.ca/indigenous-students/

Ombuds Officer: UNC 328 https://ombudsoffice.ubc.ca  ombuds.office.ok@ubc.ca or (250) 807-9818

Pantry Student Foodbank: UNC 131. Monday – Friday 10am -4pm. Website https://suo.ca/pantry

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 etc.  https://discoverycollegekelowna.com/our-courses/
- CMHA Groups (Bounce Back, etc.): https://cmhakelowna.com/
- Kelowna Mental Health and Substance Use groups and programs: 505 Doyle Ave., (250) 469-7070
- Meditation & Somatic Stress Relief Practice: Tuesdays 12-12:45pm until school closes in December. No class Dec. 5th. UNC 316.
- Trans & Gender Diverse Peer Support Group: UNC132 or email prc@suo.ca for more info.
- YMind: Thursday evenings. https://students.ok.ubc.ca/ymind
- Yoga for Mental Wellness. Wednesdays 3:10-4:10 PM Nechako 221. Please arrive 5 minutes early to set up mat. Email: claire.bresciani@ubc.ca

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/rt/en/IHaveAPlan_UBCOkanaganUniversityofBritishColumbiaStudentsUnionOkanaganUBCSUO_Home
- Third Space (on- or off-campus UNC 109): For booking, visit https://www.thirdspacecanada.org/counselling
- UBCO Interprofessional Clinic ASC 167: [https://psych.ok.ubc.ca/psychology-clinic/walk-in-wellness/](https://psych.ok.ubc.ca/psychology-clinic/walk-in-wellness/)
- UBCO Problematic Substance Use Clinic: Sliding scale $10-80/hour. Phone (250) 807-8241 (press 1 for reception). Email ipc.ok@ubc.ca
- 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
- First Nations Virtual Doctor of the Day. Open 8:30 to 4:30, 7days per week via Zoom: 1-855-344-3800
- Hope for Wellness: 24/7 free helpline/short term online chat for Indigenous peoples in Canada: [https://www.hopeforwellness.ca](https://www.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.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