Mental Health Resources

Stepped Care at UBC Okanagan’s Health and Wellness

- In your **first visit with a counsellor**, he/she will meet with you to clarify your current needs and/or goals. With your counsellor’s support, 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 or 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.

Educational Resources (Printed and Online)

- Health and Wellness Website: [https://students.ok.ubc.ca/health-wellness/welcome.html](https://students.ok.ubc.ca/health-wellness/welcome.html)
- Anxiety BC: [http://anxietybc.ca](http://anxietybc.ca)
- Headspace: [http://headspace.com](http://headspace.com)
- Insight Timer: [http://insighttimer.com](http://insighttimer.com)
- Jack.org: [http://jack.org/Home/](http://jack.org/Home/)
- MindShift App: [https://www.anxietybc.ca/resources/mindshift-app](https://www.anxietybc.ca/resources/mindshift-app)
- MySleepButton App: [https://mysleepbutton.com/home/](https://mysleepbutton.com/home/)

Campus Resources

**Academic Coaching**
- Learning Coaches / AIC office: [http://students.ok.ubc.ca/advising/learning_support.html](http://students.ok.ubc.ca/advising/learning_support.html)
- Math and Science Centre (MSC): [http://students.ok.ubc.ca/academic-supports/msc.html](http://students.ok.ubc.ca/academic-supports/msc.html)
- Online Learning Resources: [http://students.ok.ubc.ca/learning-supports.html](http://students.ok.ubc.ca/learning-supports.html)
- Supplemental Learning (SL): [http://students.ok.ubc.ca/academic-supports/sl.html](http://students.ok.ubc.ca/academic-supports/sl.html)
- Writing and Research Centre (WRC): [http://library.ok.ubc.ca/wrs/wrc/](http://library.ok.ubc.ca/wrs/wrc/)

**Peer to Peer Support**
- BARK: [http://bark.sites.olt.ubc.ca/](http://bark.sites.olt.ubc.ca/)
- Peer Mentor Program: [https://students.ok.ubc.ca/peermentor](https://students.ok.ubc.ca/peermentor)
- Peer Support Network (PSN): [https://www.ubcsuo.ca/services-psn](https://www.ubcsuo.ca/services-psn) or [psn@ubcsuo.ca](mailto:psn@ubcsuo.ca)

**Other UBC Okanagan Professional Staff and Services**
- Aboriginal Programs and Services (APS): UNC 212, [http://students.ok.ubc.ca/aboriginal/welcome.html](http://students.ok.ubc.ca/aboriginal/welcome.html)
- Academic Advising: UNC 207, [http://students.ok.ubc.ca/advising/welcome.html](http://students.ok.ubc.ca/advising/welcome.html)
- Athletics and Recreation: [http://camprec.ok.ubc.ca/welcome.html](http://camprec.ok.ubc.ca/welcome.html)
- Awards and Financial Support: [http://students.ok.ubc.ca/finance/welcome.html](http://students.ok.ubc.ca/finance/welcome.html)
- Career Services: UNC 207, [https://students.ok.ubc.ca/careers/services.html](https://students.ok.ubc.ca/careers/services.html)
- Disability Resource Centre (DRC): UNC 214, [http://students.ok.ubc.ca/drc/welcome.html](http://students.ok.ubc.ca/drc/welcome.html)
Groups and Workshops

- Art Hive (art-making, self-care, and community building – no experience necessary!), located in the Maple Lounge outside of Health & Wellness. For more info: sophie.vinette@ubc.ca
- CMHA Groups (Bounce Back, Accepting Our Bodies, etc.): https://cmhakelowna.com/
- Developing Minds Series: http://students.ok.ubc.ca/student-experience/developingminds.html
- Kelowna Mental Health and Substance Use Program: (250) 469-7070; 505 Doyle Ave
- UBCO Inter-professional Clinic: 250-807-8241; email: ipc.ok@ubc.ca
- UBCO Meditation Group: UNC 328, 12:15pm-12:45pm, Mon-Fri
- UBCO Nutrition and Education Centre: https://hes.ok.ubc.ca/nutrition-education-centre/
- Y Mind (a FREE 7-week wellness program for young adults ages 18-30): info sessions Sept. 18 & 25, group starts Oct. 9. For more information: (250) 317-7980 or ymind@ymcaokanagan.ca

One-on-one Support

- Empower Me (Student Assistance Program): 1-844-741-6389 or www.studentcare.ca
- Employee and Family Assistance Program (EFAP)
- Foundry Kelowna: https://foundrybc.ca/kelowna/ (236) 420-2803, foundrykelowna@cmha.bc.ca
- Private Counselling:
  - BC Association of Clinical Counsellors: http://bc-counsellors.org/counsellors/
  - BC College of Social Workers: https://onlinememberservice.bccsw.ca/webs/bccsw/register/#/
  - BC College of Psychologists: http://collegeofpsychologists.bc.ca/verify/
- Interior Health Walk-In Counselling: 505 Doyle Avenue, Mon/Wed/Fri 9-11:30am and Tues/Thurs 1-3pm
- Student Care (UBCSUO plan): www.studentcare.ca or 1-877-795-4427
- Third Space (on- or off-campus): (236) 420-4360 or http://thirdspacemind.ca

Emergency Services (urgent care for safety concerns)

BC Suicide Help Line: 1-800-784-2433
Crisis Line: 1-888-353-2273
Coping with Suicidal Thoughts: http://www.comh.ca/publications/resources/pub_cwst/CWST.pdf
Kelowna Community Response Team: (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

Additional Resources (as determined by student and counsellor):

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