

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
- Centre for Clinical Interventions: <http://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself>
- Daylio: <http://daylio.net> (also in App)
- 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/>
- 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

- Student Learning Hub (Learning Strategists, Math & Science Tutoring, Supplemental Learning, Writing Support): LIB 237 <https://students.ok.ubc.ca/academic-success/learning-hub/>
- BARK: <http://bark.sites.olt.ubc.ca/>
- Peer Support Network (PSN): UNC 132, <https://www.suo.ca/resource/peer-support-network/>
- Pride Resource Centre (PRC): UNC132, <https://www.suo.ca/resource/pride-resource-centre/>
- Student Connect Desk: UNC 206, <https://students.ok.ubc.ca/campus-life/peer-to-peer-support/>
- Women's Resource Centre (WRC): UNC132, <https://www.suo.ca/resource/womens-resource-centre/>

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/>
- Global Engagement Office (GEO): UNC 227 <http://students.ok.ubc.ca/global-engagement-office/international-student-guide/>
- 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://cmhakekelowna.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.
- Student Recovery Community: peer led. <https://students.ubc.ca/health/ubc-student-recovery-community>
- 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/rte/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/>
- UBCO Problematic Substance Use Clinic: Sliding scale \$10-80/hour. Phone (250) 807-8241 (press 1 for reception). Email jpc.ok@ubc.ca
- 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.ualberta.ca/human-resources-health-safety-environment/media-library/health-and-wellbeing/mental-health/suicide/coping-with-suicidal-thoughts.pdf>
- 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> 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/> and how to find a family doctor: <http://www.divisionsbc.ca/central-okanagan>