

# Mental Health Resources

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## 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 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/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 counselor for additional information.***

## ONLINE EDUCATIONAL RESOURCES

- ☐ Health and Wellness Website: <https://students.ok.ubc.ca/health-wellness/welcome.html>
- ☐ Anxiety Canada: <http://anxietycanada.com>
- ☐ Centre for Clinical Interventions: <http://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself>
- ☐ Distorted Eating (workbooks): [http://www.cci.health.wa.gov.au/resources/infopax.cfm?Info\\_ID=48](http://www.cci.health.wa.gov.au/resources/infopax.cfm?Info_ID=48)
- ☐ 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 distorted eating):  
<https://www.lookingglassbc.com/online-peer-support/>
- ☐ MindShift App: <https://www.anxietycanada.com/resources/mindshift-cbt/>
- ☐ 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 (Study Skills, Math & Science Tutoring, Writing & Language Support, Supplemental Learning, Online Learning Resources): LIB 237 or visit  
[www.students.ok.ubc.ca/learning-hub](http://www.students.ok.ubc.ca/learning-hub)

### Peer Support

- ☐ BARK: <http://bark.sites.olt.ubc.ca/>
- ☐ Peer Mentor Program: <https://students.ok.ubc.ca/peermentor>
- ☐ Peer Support Network (PSN): <https://www.ubcsuo.ca/services-psn> or [psn@ubcsuo.ca](mailto:psn@ubcsuo.ca)
- ☐ Pride Resource Centre (PRC): UNC113 or [prc@ubcsuo.ca](mailto:prc@ubcsuo.ca)
- ☐ Women's Resource Centre (WRC): UNC113 or [wrc@ubcsuo.ca](mailto:wrc@ubcsuo.ca)

### Other UBC Okanagan Student Services

- ☐ Aboriginal Programs and Services (APS): UNC 212,  
<http://students.ok.ubc.ca/aboriginal/welcome.html>
- ☐ 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>
- ☐ Disability Resource Centre (DRC): UNC 214, <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,  
<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, [ombuds.office.ok@ubc.ca](mailto:ombuds.office.ok@ubc.ca) or (250) 807-9818
- ☐ Sexual Violence Prevention and Response Office (SVPRO): Nicola 120, [svpro.okanagan@ubc.ca](mailto:svpro.okanagan@ubc.ca),  
(250) 807-9640, <https://svpro.ok.ubc.ca/>

## GROUPS & WORKSHOPS

- ☐ Art Hive: Virtual group Wednesdays 10:30AM - noon. For more info: [sophie.vinette@ubc.ca](mailto:sophie.vinette@ubc.ca)
- ☐ CMHA Discovery College. Workshops on resilience, mindfulness, emotion regulation, anxiety/stress, coping current events, boundaries, compassion: <https://discoverycollegekelowna.com/courses/>

- ☐ CMHA Groups (Bounce Back, Accepting Our Bodies, etc.): <https://cmhakelowna.com/>
- ☐ Healthy Masculinities: TBA
- ☐ Kelowna Mental Health and Substance Use groups and programs: 505 Doyle Ave., (250) 469-7070
- ☐ Open Circle: Virtual group sessions TBA. For more info: [renee.hetu@ubc.ca](mailto:renee.hetu@ubc.ca)
- ☐ Trans & Gender Diverse Peer Support Group: Join the Facebook group for updates! UNC132 or email [prc@ubcsuo.ca](mailto:prc@ubcsuo.ca) for more info.
- ☐ UBCO Black Connections & Unity: [https://ubc.ca1.qualtrics.com/jfe/form/SV\\_6oko8dyG6USff5b](https://ubc.ca1.qualtrics.com/jfe/form/SV_6oko8dyG6USff5b)
- ☐ Virtual Community: Stay connected to other international students via Zoom. Tuesdays 2-3:30PM. For more info or to register: [amanda.bual@ubc.ca](mailto:amanda.bual@ubc.ca)
- ☐ Y Mind: Call (250) 317-7980 or [ymind@ymcaokanagan.ca](mailto:ymind@ymcaokanagan.ca) for more information or to register.

### ONE-ON-ONE SUPPORT

- ☐ Foundry Kelowna: <https://foundrybc.ca/kelowna/> (236) 420-2803, [foundrykelowna@cmha.bc.ca](mailto:foundrykelowna@cmha.bc.ca)
- ☐ Here2Talk: Free, confidential 24/7 mental health support for BC post secondary students. Single session appointments: <https://here2talk.ca/home>
- ☐ Hope for Wellness: 24/7, free, helpline and online chat counseling for Indigenous peoples across Canada: 1-855-242-3310 or [hopeforwellness.ca](http://hopeforwellness.ca)
- ☐ Kelowna Mental Health and Substance Use (KMHSU) Walk-In Counselling: 505 Doyle Avenue, Mon/Wed/Fri 10AM – 2PM
- ☐ Private Counselling (using Student Care/UBCSUO plan: [www.studentcare.ca](http://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>. Walk-ins on hold UNC109
- ☐ UBCO Interprofessional Clinic: Phone (250) 807-8241 (press 1 for reception) for more information.
- ☐ 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](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

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

Walk-in Clinics in Kelowna: <https://medimap.ca/Location/Kelowna> and how to find a family doctor:  
<http://www.divisionsbc.ca/central-okanagan>