

# Student Health and Wellbeing at UBC

Spring 2020

# Wellness Centre: Ask a Navigator

- Trained student staff
- Answer questions about health and mental health services and supports

Tuesday to Thursday – 11-3pm PT

- **In Person** – Life Building
- **Drop in Zoom Room**
  - Also Monday – 11-1pm PT
- **Email** inquiries



**WELLNESS CENTRE INFO DESK:**  
**ASK CLAIRE**




# Talk to a Wellness Peer for Support

- Trained student Wellness Peers
- One to one conversations up to 30 minutes
- Listening and support conversations
- Explore other support options and learn about your wellbeing

## **Online via Zoom**


- Drop In Conversations
  - Tuesday to Thursday – 11-3pm PT
- **Booked Appointments**
  - Tuesday & Thursday 11am-3pm PT
  - Wednesday 11am-6pm PT

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THE UNIVERSITY OF BRITISH COLUMBIA

Vancouver Campus




Student Services

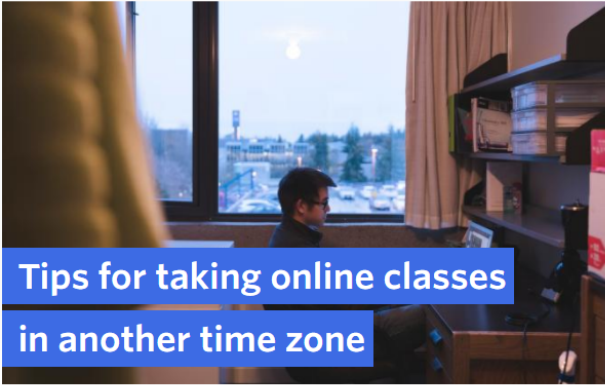
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# MENTAL HEALTH RESOURCES

## UBC Student Assistance Program (UBC SAP)

- 24/7 anywhere in the world
- 1- 833 590 1328 (North America)
- 1 604 757 9734 (International – Call collect)
- Multilingual
- Wellness and life coaching
- Short term counselling
- Virtual groups, e-mental health programs by referral
- Self-directed resources, app and other resources
- Phone, video, chat, SMS, in person (where available)



# MENTAL HEALTH RESOURCES

## **UBC Counselling Services 604-822-3811**

- Daytime hours, Mon-Fri for students in BC
- Students call to schedule an appointment and are offered a choice of a same day
- Wellness Advising appointment or Drop-In Counselling appointment
- Wellness Advising appointment: Initial assessment, wellness planning and referral to resources that best meet your needs including self-directed online programs, peer support, workshops, coaching, group programs, individual counselling or other resources on and off campus.
- Drop-in Counselling Appointment: Goal directed appointment focusing on strengths and identification of helpful perspectives, strategies and resources. Many students find that a single counselling session can help them move forward in a positive direction.
- During COVID-19 pandemic, all services are provided by phone and video.

# MENTAL HEALTH RESOURCES

- **Here 2 Talk** 1-877-857-3397 (Canada) 1-604-642-5212 (international)
  - 24/7 access for students anywhere in the world
  - Single session personal counselling by phone/chat
  - Ongoing counselling support is not available
- **Wellness Together Canada** ([ca.portal.gs](https://ca.portal.gs))
  - Available at no cost to Canadians worldwide
  - Wellness self-assessment and tracking
  - Self-guided courses, apps and other resource
  - Online community of support and coaching
  - Counselling by text or phone



# STUDENT HEALTH SERVICE MEDICAL CENTRE

604 822 7011

- Get **year-round health care**
- Doctors, Nurses and Specialists
- **Book appointments** by phone or online



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