

An aerial photograph of a university campus during autumn. The foreground features a large, circular fountain with multiple water jets, surrounded by a paved walkway where many students are walking. The middle ground is filled with lush green lawns and trees with vibrant yellow and orange foliage. In the background, several university buildings are visible, including a prominent clock tower, and a range of mountains under a blue sky with scattered white clouds.

# The Green Folder

## Student Health and Wellbeing

August 23rd, 2021

I know where to find student health and wellbeing resources?

Strongly Agree

Agree

Disagree

Strongly disagree

I am comfortable having conversations with students in distress.

Strongly Agree

Agree

Disagree

Strongly disagree

## LEARNING OUTCOMES

- Use the Green Folder as a guide to having supportive conversations with students.
- Recognize signs that may indicate a student is in distress.
- Direct students to appropriate resources for different levels of interventions.

# CONSULTATION

## **During Office Hours**

- Student Health Service, 7011
- Counselling Service, 604-822-3811

## **Outside Office Hours**

- Campus Security, 604-822-2222



## MENTAL HEALTH RESOURCES: High Level of Distress

### **Student Health Service 604-822-7011**

- Daytime hours, Mon-Fri for students in BC
- Make a virtual mental health appointment by calling SHS
- Student Health Services will contact the student at the time of the appointment.
- The student will meet virtually with a doctor or nurse.
- A follow-up appointment will be arranged in-person if needed.

## MENTAL HEALTH RESOURCES: All other mental health concerns

### **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: All other mental health concerns

### 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: All other mental health concerns

**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)

- 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



# GENERAL SUPPORTS

## Wellness Centre

- Wellness Centre: Online
- Wellness Centre Navigators

## Centre for Accessibility

- Facilitates disability-related accommodations and program initiatives designed to remove barriers for students with disabilities and ongoing medical conditions.



A photograph of two women walking through a forest. The woman on the left is wearing a light blue denim jacket over a striped top and dark pants, and is looking down. The woman on the right is wearing a grey sweater, a dark scarf, and dark pants, and is smiling. The forest has many tall, thin trees and a ground covered in pine needles. The image has a soft, slightly faded appearance.

**QUESTIONS?**

**THANK YOU!**