

STUDENT HEALTH AND WELLBEING

WELLNESS RESOURCES FOR STUDENTS

HEALTH AND WELLNESS RESOURCES AT OUR COLLEGES

- **Health and Wellness Resources for Students** - corpuschristi.ca/channels/students/your-wellness/
- **Corpus Christi College Staff Directory** - corpuschristi.ca/student-life/staff-directory/
- **Student Services Portal** - corpuschristi.ca/student-life/student-services-portal/
- **Student Life** - corpuschristi.ca/student-life/student-life/
- **Student Resource Centre** - corpuschristi.ca/student-life/student-resource-centre/

IN-PERSON WELLNESS INFORMATION IN THE UBC LIFE BUILDING

UBC Wellness Centre

- Get health-related resources from a [Wellness Navigator](#).
- Enroll in the [Wellness Centre Course](#) to learn more.
- Email wellness.centre@ubc.ca for additional questions.

Nurse on Campus

- Registered nurses from UBC Student Health Service can give you tips, resources, and health advice.
- students.ubc.ca/health/student-health-service/nurse-campus

ONLINE TOOLS

Here2Talk – here2talk.ca

- A free and confidential program to access single-session 24/7 mental health support and community referral services via app, phone and web.

Mind Health BC – mindhealthbc.ca

- Take an online mental health assessment and find resources for mental wellness.

Here to Help – heretohelp.bc.ca

- Access mental health and substance use resources.

Student Services – [Wellness Resource Guide](#)

- Find resources organized by topic.

HealthLink BC – healthlinkbc.ca

- Check physical health symptoms and find resources.

COACHING, WELLNESS ADVISINGS, AND COUNSELLING

Aspiria – (Mobile App Available) – [UBC Student Assistance Program](#)

- You can access a wide range of professional services anytime and anywhere, for free, 12 months of the year.
- Call our toll-free number and you'll be directly connected to our Clinical Response Centre (CRC), a 24/7, confidential, service that can be accessed from anywhere in the world.

Counselling Services – Room 1040, Brock Hall – students.ubc.ca/counselling-services

- Drop in to book an assessment with a Wellness Advisor

UBC Wellbeing – wellbeing.ubc.ca

SEXUAL VIOLENCE SUPPORT

Sexual Violence Prevention and Response Office – (604) 822-1588 – svpro.ubc.ca

- To book a consultation/appointment with a Support Specialist, call (604) 822-1588 or email svpro.vancouver@ubc.ca.

MEDICAL CARE

Student Health Service in the UBC Hospital – (604) 822-7011

- students.ubc.ca/health/student-health-service

Your family Doctor or a Walk-In Clinic

- Look up wait times at nearby walk-in medical clinics at medimap.ca

URGENT MENTAL HEALTH SUPPORT

- **Urgent Care at UBC Hospital** – (604) 822-7121 – www.vch.ca/Locations-Services/result?res_id=991
- **Crisis Centre BC (24/7)** – 1-800-784-2433 – crisiscentre.bc.ca
- **Vancouver General Hospital's Access and Assessment Centre** – (604) 675-3700 – www.vch.ca/aac
- **Emergency Services (24/7)** – Call 9-1-1 or go to your nearest emergency department.



CORPUS CHRISTI COLLEGE

corpuschristi.ca | (604) 822-6862 | info@corpuschristi.ca

ST. MARK'S COLLEGE

stmarkscollege.ca | (604) 822-4463 | info@stmarkscollege.ca



STUDENT HEALTH AND WELLBEING

FREQUENTLY ASKED QUESTIONS (FAQS)

WHERE CAN I LEARN MORE?

- **Health and Wellness Resources for Students** – Explore resources to help you stay physically, mentally, and emotionally healthy. For more wellness resources, log-in to the **Student Services Portal** on Canvas.
- **Wellness Centre in the UBC Life Building** – Talk to a Wellness Peer about stress and coping strategies, taking care of your physical and mental health, and resources on and off-campus. The Wellness Centre also offers workshops on a wide range of wellbeing topics. You can attend as an individual or book one for your group.
- **Registered Nurses from UBC Student Health Service – Nurse on Campus** – Visit their booths around campus each week, where you can get personalized tips, resources, and health advice.
- **Headspace** – an app to learn to meditate and live mindfully (App store or Google Play)
- **MoodFx.ca** – an interactive tool to help people with depression and low mood.
- **UBC Wellbeing** – wellbeing.ubc.ca

WHO IS ELIGIBLE FOR UBC COUNSELLING SERVICES?

- **Aspiria** (mobile app) provides counselling and life coaching, free for students on the **AMS/GSS Health Plan**.
- If you are not part of the AMS/GSS Health Plan, your extended health insurance may cover a similar type of service.

WHAT HAPPENS WHEN I DROP IN AT UBC COUNSELLING SERVICES?

- If you're feeling persistently stressed, anxious, or sad, you can make an appointment with a Wellness Advisor.
- When you drop-in to Counselling Services, you can book a same-day appointment with a Wellness Advisor, based on availability.
- Wellness Advisors are Masters-level counsellors who meet students for a one-time 15-20 minute assessment.
- They'll listen to your needs and connect you with resources to best help you reach your goals.
- This could include self-directed resources, workshops, and coaching, group therapy, or individual therapy.
- Learn more: students.ubc.ca/health/counselling-services

WHAT IS AVAILABLE FOR GRADUATE STUDENTS AT ST. MARK'S?

- All of the resources listed on this handout are available for graduate students.
- The Wellness Centre has graduate Wellness Peers.

WHAT IS AVAILABLE FOR INDIGENOUS STUDENTS?

- In addition to all of the resources listed on this handout, Indigenous students can access support from counsellors at the First Nations Longhouse.
- 24/7 support is available from the First Nations and Inuit Hope for Wellness Helpline and Online Chat **1-855-242-3310** – hopeforwellness.ca

WHAT IS AVAILABLE FOR INTERNATIONAL STUDENTS?

- All of the resources listed on this handout are available for international students.
- Learn more: students.ubc.ca/international-student-guide

HOW CAN I HELP A FRIEND?

- Ask "how can I help?" Sometimes just listening is all that's needed.
- Find the right contact for your concern and resources: corpuschristi.ca/student-life/staff-directory/
- Be aware of observable signs and symptoms that indicate the need for immediate medical intervention (below).

WHEN SHOULD I CALL 911?

If you, or someone you know, experiences these signs, seek medical help right away:

- Active thoughts of suicide with a plan or suicide attempt.
- Loss of touch with reality, hallucinations or disorganized thinking.
- Experiencing an alcohol or other drug overdose or trouble remaining conscious.
- Immediate concerns about yourself or another person's safety.



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