

# CORPUS CHRISTI COLLEGE & ST. MARK'S COLLEGE

# STUDENT HEALTH & WELLNESS

## SUPPORTING YOU + YOUR SUCCESS - AS YOU RETURN TO CAMPUS

### A KEY MESSAGE FOR STUDENTS (YOU)

This term, you, especially if you are in your first and second year, will be experiencing campus life at our Colleges for the first time.

As our Staff and Faculty begin working with this larger group of students, we are faced with the need to create supportive learning environments that not only understands your new challenges, but also helps you access services and resources that support your studies and promote your success.

This wellness guide will provide you details about the various levels of student support via our services and resources.

### KEY CHANGES THAT MAY BE CHALLENGING FOR STUDENTS

As students bring their unique selves and situations to their learning environments, we can anticipate key challenges our students may face and prepare key supports for them in their time of need.

- **ACADEMICS - The Student Resource Centre (SRC) + Academic Advising**  
*for dealing with issues in course performance + course planning*
- **UNCERTAINTY - Student Development + International Peer Mentoring**  
*for building (new) social connections + returning to campus life*
- **ACCESSIBILITY - Accommodations via UBC Centre for Accessibility**  
*for supporting students with disabilities or ongoing health conditions*
- **TUITION + FINANCES - Student Finance + Financial Aid & Scholarships**  
*for addressing concerns with course-related and living expenses*
- **LIVING ENVIRONMENTS - UBC Student Housing & Community Services**  
*for assisting students living in challenging and/or unsafe places*
- **GENERAL HEALTH - UBC Student Health Services**  
*for protecting students during significant health-related challenges*
- **MENTAL WELLNESS - UBC Counselling Services**  
*for providing mental health support in academics + everyday life*

### WAYS WE CAN SHOW STUDENTS THAT WE CARE FOR THEM

- Establish clear course expectations + Highlight available student resources
- Acknowledge the whole student + Convey awareness of their challenges
- Share appropriate life experiences + Connect situations with examples

### WAYS WE CAN REACH OUT TO STUDENTS + SUPPORT THEM

- Address the impact of challenges + Promote positive responses to them
- Check in with students - individually, in groups, or as a class, as appropriate
- Refer students to relevant Student Services + Student Resources, as needed



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A GUIDE FOR  
FACULTY & STAFF

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# 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/](http://corpuschristi.ca/channels/students/your-wellness/)
- **Corpus Christi College Staff Directory** - [corpuschristi.ca/student-life/staff-directory/](http://corpuschristi.ca/student-life/staff-directory/)
- **Student Services Portal** - [corpuschristi.ca/student-life/student-services-portal/](http://corpuschristi.ca/student-life/student-services-portal/)
- **Student Life** - [corpuschristi.ca/student-life/student-life/](http://corpuschristi.ca/student-life/student-life/)
- **Student Resource Centre** - [corpuschristi.ca/student-life/student-resource-centre/](http://corpuschristi.ca/student-life/student-resource-centre/)

### IN-PERSON WELLNESS INFORMATION IN THE UBC LIFE BUILDING

#### UBC Wellness Centre

- Get health resources from a [Wellness Navigator](#).
- Enroll in the [Wellness Centre Course](#) to learn more.
- Email [wellness.centre@ubc.ca](mailto:wellness.centre@ubc.ca) for more 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](http://students.ubc.ca/health/student-health-service/nurse-campus)

### ONLINE TOOLS

#### Here2Talk – [here2talk.ca](http://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](http://mindhealthbc.ca)

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

#### Here to Help – [heretohelp.bc.ca](http://heretohelp.bc.ca)

- Access mental health and substance use resources.

#### Student Services – [Wellness Resource Guide](#)

- Find resources organized by topic.

#### HealthLink BC – [healthlinkbc.ca](http://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](http://students.ubc.ca/counselling-services)

- Drop in to book an assessment with a Wellness Advisor

#### UBC Wellbeing – [wellbeing.ubc.ca](http://wellbeing.ubc.ca)

### SEXUAL VIOLENCE SUPPORT

#### **Sexual Violence Prevention and Response Office** – (604) 822-1588 – [svpro.ubc.ca](http://svpro.ubc.ca)

- To book a consultation with a Support Specialist, call (604) 822-1588 or email [svpro.vancouver@ubc.ca](mailto:svpro.vancouver@ubc.ca).

### MEDICAL CARE

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

- [students.ubc.ca/health/student-health-service](http://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](http://medimap.ca)

### URGENT MENTAL HEALTH SUPPORT

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



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# STUDENT HEALTH AND WELLBEING

## CONNECTIONS TO WELLNESS RESOURCES

### IMMINENT RISK OF HARM

- Active thoughts of suicide with plan/suicide attempt
- Behaviour that is violent, destructive, aggressive, or threatening to self or others
- Student is confused, hallucinating, or has trouble remaining conscious

### STEPS TO TAKE

1. Take student to the nearest hospital – Call [9-1-1](tel:9-1-1)
2. Call UBC Campus Security – [\(604\) 822-2222](tel:604-822-2222)

### HIGH LEVEL OF DISTRESS

#### Examples:

- Deterioration in personal appearance and hygiene
- Significant impairment with daily tasks
- Expressions of severe hopelessness or references to suicide
- Self-harm behaviour such as cutting or hitting, severely restricted eating with weight loss/severe binge eating
- Substance use concerns
- Loss of touch with reality/severely disorganized thinking
- Physical health concerns

### RESOURCES AND SUPPORTS

#### 24/7

- **Urgent Care, UBC Hospital** – [\(604\) 822-7121](tel:604-822-7121) (until 10 pm) or nearest hospital emergency department
- **Access and Assessment Centre, VGH** – [\(604\) 675-3700](tel:604-675-3700) (24 hours)
- **Crisis Centre** – [1-800-784-2433](tel:1-800-784-2433) | [crisiscentre.bc.ca](http://crisiscentre.bc.ca)

#### During Office Hours:

- **UBC Student Health Service** – [\(604\) 822-7011](tel:604-822-7011) or student's family doctor or nearest medical clinic

### OTHER MENTAL HEALTH CONCERNS

#### Examples:

- Low or irritable mood with change in energy, appetite, sleep, and/or concentration, which is impacting daily functioning
- Persistent worry, obsessions, agitation, irrationality, racing thoughts, panic attacks
- Flashbacks to a traumatic event, intrusive memories and thoughts
- Interpersonal conflict
- Lack of social support
- Disordered eating

### RESOURCES AND SUPPORTS

#### 24/7

- **UBC Wellbeing** – [wellbeing.ubc.ca](http://wellbeing.ubc.ca)
- **Mind Health BC** – [mindhealthbc.ca](http://mindhealthbc.ca)  
Take an online mental health assessment and find resources for mental wellness
- **First Nations and Inuit Hope for Wellness Helpline** – [1-855-242-3310](tel:1-855-242-3310) – [hopeforwellness.ca](http://hopeforwellness.ca)
- **Health Link BC** – [healthlinkbc.ca](http://healthlinkbc.ca)  
Check physical health symptoms online and find resources

#### During Office Hours:

- **Counselling Services** – 1040 Brock Hall  
– [students.ubc.ca/counselling-services](http://students.ubc.ca/counselling-services)  
Walk in to book an appointment with a Wellness Advisor for assessment and referral to the most appropriate level of support
- **UBC Student Health Service** – [students.ubc.ca/health](http://students.ubc.ca/health)

### GENERAL SUPPORT

#### Examples:

- Stress about exams, deadlines, grades, roommates, relationships, finances, adjustment to university
- Advice about healthy eating, sleep, or sexual health

### STEPS TO TAKE

#### 24/7

- **UBC Wellbeing** – [wellbeing.ubc.ca](http://wellbeing.ubc.ca)
- **Here to Help** – [heretohelp.bc.ca](http://heretohelp.bc.ca)
- **Here2Talk** – [here2talk.ca](http://here2talk.ca)



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# 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](http://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 services.

### 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](http://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](http://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](http://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/](http://corpuschristi.ca/student-life/staff-directory/)
- Be aware of observable signs + 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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