

Graduate Student Wellbeing Network

2018/2019

Resource Folder

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This list of resources was compiled thanks to the Graduate Wellbeing Representatives and GSWN Resource Coordinator of 2016-2018. Please note this list is not exhaustive, but intended to highlight some of the best resources of which we are aware. Many more can be found with an online search.

Information in this document is current as of April 2018; some of the resources or their details may have changed.

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General Information

What is the difference between psychiatrists, psychologists, and counsellors?

There are many different mental health professions, and their distinctions are easily blurred. We focus on psychiatrists, psychologists, and counsellors below, but mental health professionals also include social workers, psychiatric nurses, and others. In general, we recommend you do some background research to determine which type of mental health professional training and area of expertise are right for you.

Psychiatrists go to medical school to receive their degrees (MD), and specialize in diagnosing and prescribing medications for mental health issues (e.g., antidepressants, anxiolytics for anxiety, stimulants for ADHD, antipsychotics, and more). Their ability to prescribe medication is what sets them apart from other mental health professionals (only MDs can prescribe medication). Some psychiatrists also provide therapy (see below).

Psychologists go to graduate school in Clinical Psychology programs to receive their degrees (PhD or PsyD), and specialize in diagnosing mental health issues and providing various kinds of therapy, including Cognitive Behavioural Therapy (CBT), Interpersonal Therapy (IPT), Mindfulness-Based Cognitive Therapy (MBCT), Acceptance and Commitment Therapy (ACT), Dialectical Behaviour Therapy (DBT), and others. Many psychologists are trained in more than one type of therapy and can integrate them to suit your individual needs. Psychologists can provide therapy in individual and/or group formats.

Counsellors go to graduate school in Counselling programs to receive their degrees (typically Master's-level), and can provide counselling for a wide range of mental, emotional, and relationship difficulties. Although they typically do not specialize in mental health difficulties that are as severe as those treated by psychiatrists and psychologists, they help their clients through struggles with mild to moderate anxiety and depression in addition to grief, stress, difficult life transitions (e.g., career), LGBTQ+ specific issues, family conflict, and more.

A note about coverage

UBC's Student Health and Dental Plan (Studentcare) covers \$300 per year toward mental health services provided by a registered psychologist or clinical counsellor. Eligible prescription drugs are covered up to 80%. All students, including international students, who pay AMS fees are automatically covered. You can read more about Studentcare, including how to claim your expenses, here:

http://studentcare.ca/rte/en/UniversityofBritishColumbiaAMSGSS_Health_HealthCoverage&random=487

BC's Medical Services Plan (MSP) covers services from psychiatrists and other physicians, in addition to many medications. You can ask your psychiatrist or GP about which medications are covered. If you are already taking medication(s), you can check if they are covered here:

<https://pharmacareformularysearch.gov.bc.ca/faces/Search.xhtml>

A note about coverage (continued)

Generally, you are eligible to be covered by MSP if you are a permanent resident in BC. If you are an international student, it is best to apply for MSP as soon as you arrive in BC. Your coverage can then begin as early as three months after your arrival. If you are coming from another province within Canada, you can continue to use your old province's coverage while you wait for MSP coverage. Apply for MSP here:

<https://www2.gov.bc.ca/gov/content/health/health-drug-coverage/msp/bc-residents/eligibility-and-enrolment/how-to-enrol>

MSP does not cover services from psychologists, counsellors, or social workers. To obtain partial coverage, you will need to use your Studentcare coverage and/or private healthcare insurance, for example through a family member or spouse's employee benefits plan on which you are a dependent. You will need to check the individual insurance plan's rules to see if you are eligible for coverage.

On Campus Resources

The following services are only open during select daytime hours. **If you need assistance after hours, refer to the section on Emergency Services.**

Name, website, and contact information	Location and hours	Services offered	Rate(s)	Comments
UBC Counselling Services https://students.ubc.ca/health-wellness/counselling-services/ Phone: 604-822-3811	Brock Hall 1874 East Mall Room 1040 Lower Mall Research Station 2259 Lower Mall Room 358 First Nations Longhouse 1985 West Mall Oak Street Campus Children's and Women's Health Centre of BC 4500 Oak Street Check website for walk-in hours	<ul style="list-style-type: none"> - Drop-in counselling - Emergency counselling - Counselling for Aboriginal students - Sexual assault counselling - Various levels and types of support including intensive group programs, short-term individual counselling, and referrals to longer-term services - General physician and psychiatric care 	Free for students	<ul style="list-style-type: none"> - Good for an initial appointment - Group counselling is for graduate and undergraduate students together (graduate-specific group counselling is in the works) - If longer-term or more specialized counselling is needed beyond this, you can pursue other on or off campus options in this document
UBC Psychology Clinic clinic.psych.ubc.ca Phone: 604-822-3005 Email: clinic@psych.ubc.ca	Douglas Kenny Building 2136 West Mall Monday-Friday 8:30am-4:30pm	<ul style="list-style-type: none"> - Psychological services offered by student therapists (Clinical Psychology graduate students, supervised by registered psychologists) - Assess and treat mental health issues (list can be found at: http://clinic.psych.ubc.ca/services/adults) 	\$15-\$50/ hour for individual therapy and \$10-\$50/ hour for group therapy, depending on annual income	<ul style="list-style-type: none"> - Available to all graduate students except those in the Psychology department - Waiting lists can be long - Clinic is not open in the summer apart from a few specialty treatment groups (e.g., OCD, mixed anxiety, and depression)

<p>Student Health Services</p> <p>http://students.ubc.ca/livewell/services/student-health-service/</p> <p>Phone: 604-822-7011</p> <p>Email: student.health@ubc.ca</p>	<p>UBC Hospital</p> <p>2211 Wesbrook Mall Koerner Pavilion Room M334</p> <p>Most weekdays 8am-4pm</p>	<ul style="list-style-type: none"> - Health services at UBC Hospital – staffed by physicians - Referrals to specialists (e.g., psychiatrists) - Students can book appointments online at: http://students.ubc.ca/livewell/services/student-health-service/student-health-online-booking 	<p>Free for students</p>	<ul style="list-style-type: none"> - Good for referrals to psychiatrists (who can prescribe medication)
<p>UBC Wellness Centre (Student Services)</p> <p>https://students.ubc.ca/health-wellness/wellness-centre/</p> <p>Phone: 604-822-8450</p> <p>Email: wellness.centre@ubc.ca</p>	<p>Wellness Centre</p> <p>6138 Student Union Boulevard Room 1301</p> <p>Most weekdays 10am-5pm</p> <p>Check the calendar on the website for daily peer hours and events</p>	<ul style="list-style-type: none"> - Drop-in centre for wellness issues run by Wellness Peers, who are trained undergraduate and graduate student volunteers - There are designated Graduate Peer hours for those who would prefer to talk to graduate peers - There are also designated Nurse hours - Offer tips on wellness issues (healthy eating, stress, sleep, safe sex) and organize regular events, workshops, and activities 	<p>Free for students</p>	<ul style="list-style-type: none"> - New programming includes Graduate Wellness Peers - Helpful for navigating graduate life on campus - Not professionally trained mental health care providers
<p>AMS Speakeasy</p> <p>https://www.ams.ubc.ca/services/speakeasy/</p> <p>Phone: 604-822-9246</p> <p>Email: speak@ams.ubc.ca</p>	<p>AMS Nest</p> <p>6133 University Boulevard Room 1314</p> <p>Monday-Friday 11am-7pm</p>	<ul style="list-style-type: none"> - Drop-in confidential and one-on-one peer support for any issue (e.g., academic stress, relationship issues, loneliness, substance use, mental health concerns) - Referrals to other services as needed 	<p>Free</p>	<ul style="list-style-type: none"> - Good place to talk with someone in private - Closed during summer months

<p>AMS Sexual Assault Support Centre (SASC)</p> <p>http://amssasc.ca/</p> <p>Phone: 604-827-5180</p> <p>Email: sasc@ams.ubc.ca</p>	<p>AMS Nest 6133 University Boulevard Room 3127</p> <p>Every day 8am-10pm</p>	<ul style="list-style-type: none"> - Crisis and emotional support for sexual assault survivors and their friends and family members - Referrals to other services as needed - Workshops and advocacy 	<p>Free</p>	<ul style="list-style-type: none"> - Good for specialized resources related to sexual assault
<p>The Kaleidoscope</p> <p>http://the-kaleidoscope.com/</p> <p>Email: info@the-kaleidoscope.com</p>	<p>Buchanan Building B Room 302</p> <p>Mondays 5-7pm Thursdays 6-7:30pm</p> <p>Check the website as group times and locations change frequently!</p>	<ul style="list-style-type: none"> - Mental health peer support group that meets weekly at UBC 	<p>Free</p>	<ul style="list-style-type: none"> - Good for meeting with peers weekly for mental health support - May or may not be facilitated by peers with training in providing mental health services
<p>Access and Diversity</p> <p>http://students.ubc.ca/about-student-services/access-diversity/</p> <p>Phone: 604-822-5844</p> <p>Email: access.diversity@ubc.ca</p>	<p>Brock Hall 1874 East Mall Room 2306 Vancouver, BC Canada V6T 1Z1</p> <p>Most weekdays 8:30am-4:30pm</p> <p>Check website for specific hours</p>	<ul style="list-style-type: none"> - Support for individuals with disabilities, including promoting inclusive environments and removing barriers to access - Includes academic and exam accommodations 	<p>Free</p>	<ul style="list-style-type: none"> - Good place to seek accommodation for mental health and stress-related academic issues

<p>UBC Recreation</p> <p>www.recreation.ubc.ca/ Phone: 604-822-9052 (for intramurals inquiries)</p> <p>Email: fitness.programs@ubc.ca (for fitness program and personal training inquiries)</p>	<p>Various locations and hours depending on the activity or service</p>	<ul style="list-style-type: none"> - Website for all things recreation at UBC including: - BirdCoop Fitness Centre - Personal training - Aquatics - Drop-in dance, martial arts, pilates, yoga, fitness classes - Hockey and ice skating - Rowing - Sports clubs (e.g., sailing, triathlon, Quidditch!) - Intramural leagues 	<p>Depends on the activity or service</p>	<ul style="list-style-type: none"> - Lots of opportunities – something for everyone!
<p>Mindfulness & Meditation</p> <p>www.hr.ubc.ca/wellbeing-benefits/living-well/mental-health/mindfulness-meditation/</p>	<p>Online/various locations and hours</p>	<ul style="list-style-type: none"> - Website that lists all mindfulness meditation opportunities in the UBC community, including drop-in meditation groups and spaces and a self-led online challenge 	<p>Depends on opportunity; see website</p>	<ul style="list-style-type: none"> - Mindfulness meditation can improve attention and productivity, reduce stress, and promote healthy coping with distressing emotions, among other potential benefits - It's also relaxing!
<p>Graduate Student Society "Grad Hub"</p> <p>http://gss.ubc.ca/hub/</p>	<p>Online/various locations and hours</p>	<ul style="list-style-type: none"> - Online space that brings together resources for graduate students, including information about on- and off-campus events (e.g. classes, hiking, nutrition workshops, etc.) 	<p>Free</p>	<ul style="list-style-type: none"> - Good for getting information about GSS events, meeting other graduate students (hikes come highly recommended)
<p>Graduate Student Wellbeing Network</p> <p>https://gradwellbeing.wordpress.com/</p>	<p>Online/by email</p> <p>In person through your Graduate Wellbeing Representative</p>	<ul style="list-style-type: none"> - Organization started and run by graduate students which represents students on wellbeing and mental health issues - Get in touch with the Graduate Wellbeing Representative in your program (contact information on the website) 	<p>Free</p>	<ul style="list-style-type: none"> - Good for voicing concerns about graduate mental health and wellbeing issues, getting involved with organizing and advocating for graduate mental health on campus - Reps are not professionally trained mental health care providers

Off Campus Resources

COUNSELLING SERVICES: Please note this is not an exhaustive list of counselling services, and you can find numerous other clinics that may be better suited to your needs by doing an Internet search and reviewing the clinics' websites and profiles of individual counsellors. Most of the clinics provide reduced-rate services on a sliding scale that are tailored to several specific needs. Counselling clinics generally do not diagnose mental health issues or prescribe medication.

Name, website, and contact information	Location and hours	Services offered	Rate(s)	Comments
CounsellingBC.com https://counsellingbc.com/counsellors/	Online Location and hours depend on the psychologist or counsellor	<ul style="list-style-type: none"> - Directory that lists some registered clinical psychologists and counsellors who work in specific areas of Vancouver and elsewhere in BC - Brief profiles for each psychologist and counsellor 	Free to use the website Psychologist/counsellor rates vary	<ul style="list-style-type: none"> - A good first resource
Family Services of Greater Vancouver www.fsgv.ca/ Phone: 604-874-2938 Email: N/A but there is a contact form on the website	Commercial Drive 201-1638 East Broadway Vancouver, BC V5T 3E2 Richmond The Caring Place 250-7000 Minoru Blvd Richmond, BC V6Y 3Z5 Burnaby/New West 321 Sixth Street New Westminster, BC V3L 3A7 Surrey 15355 102A Avenue Surrey, BC V3R 7K1 Contact for hours	<ul style="list-style-type: none"> - Trained counsellors with graduate degrees in counselling psychology and clinical social work - Counselling for difficulties including anxiety, depression, life transitions, grief, and more – see a full list at http://www.fsgv.ca/find-the-support-you-need/counselling - Individual, parent, and family programs – see a full list at http://www.fsgv.ca/complete-program-listing 	Sliding scale depending on household income and counsellor (\$75-125/hour) Contact them for more information	<ul style="list-style-type: none"> - General counselling (e.g., they do not diagnose mental health issues)

<p>Oak Counselling Services</p> <p>http://oakcounselling.org/</p> <p>Phone: 604-266-5611</p> <p>Email: info@oakcounselling.org</p>	<p>Oakridge 949 West 49th Avenue Vancouver, BC V5Z 2T1</p> <p>Contact for hours</p>	<ul style="list-style-type: none"> - Individual, family, and couples counselling by individuals with Master’s degrees in psychology and related fields - Counselling for difficulties including anxiety, depression, life transitions, grief, and more – see a full list at http://oakcounselling.org/services 	<p>\$10-65 based on household income and family size</p> <p>Fees can be waived in cases of extreme financial hardship</p>	<ul style="list-style-type: none"> - General counselling (e.g., they do not diagnose mental health issues)
<p>Adler Centre Counselling Clinic</p> <p>http://adlercentre.ca/counselling-clinic/</p> <p>Phone: 604-742-1818</p> <p>Email: apabc@adler.bc.ca</p>	<p>Kitsilano 440-2184 West Broadway Vancouver, BC V6K 2E1</p> <p>Weekdays 9am-9pm Saturdays 9am-6pm</p>	<ul style="list-style-type: none"> - Individual, family, and couples counselling provided by Counselling Psychology graduate students - Counselling for difficulties including anxiety, depression, life transitions, grief, and more – see a full list at https://adlercentre.ca/individual 	<p>\$60/session for individual therapy (and \$85/session for couples or family therapy) with a graduate student</p> <p>Sliding scales possible</p>	<ul style="list-style-type: none"> - Graduate student counselling trainees are supervised by experienced, registered counsellors

CLINICAL PSYCHOLOGY PRIVATE PRACTICES: Please note that this is not an exhaustive list of clinical psychologists’ private practices or psychological services more generally. You can find other clinics and services by doing an Internet search. The private practices listed below will also likely be able to refer you to more appropriate services if needed. Registered clinical psychologists can diagnose mental health issues and provide various forms of evidence-based therapies, but cannot prescribe medication. If you feel you would benefit from medication, discuss this with your doctor and they can refer you to a psychiatrist if desired.

Name, website, and contact information	Location and hours	Services offered	Rate(s)	Comments
<p>BC Psychological Association</p> <p>https://www.psychologists.bc.ca/</p> <p>Phone: 604-730-0522</p> <p>Email: N/A but there is a contact form on the website</p>	<p>Online</p> <p>Location and hours depend on the psychologist</p>	<ul style="list-style-type: none"> - “Find a Registered Psychologist” directory: https://www.psychologists.bc.ca/find_psychologist_full - This allows you to search through the hundreds of psychologists who are registered with the BCPA, according to your preferences - Yields a list of psychologists with an extensive info page for each and links to their personal or practice websites 	<p>Free to use the website</p> <p>Psychologist rates vary (current average rate is about \$200/hour, but can have sliding scales)</p>	<ul style="list-style-type: none"> - A good first resource - Each psychologist’s info page includes a list of problems they treat, the client demographics they work with, their therapeutic approach(es) (e.g., Cognitive-Behavioural Therapy), and more - They might also post their rates, including whether they offer a sliding scale based on income
<p>Changeways Clinic</p> <p>http://changeways.com/</p> <p>Phone: 604-871-0490</p> <p>Email: clientservices@changeways.com</p>	<p>Fairview</p> <p>718-2525 Willow Street Vancouver, BC V5Z 3N8</p> <p>Weekdays 9am-5pm; specific psychologists’ hours vary</p>	<ul style="list-style-type: none"> - Assessment and treatment of a wide range of difficulties and mental health issues including anxiety and mood disorders, grief, stress, sleep dysfunction, and more – see a full list: http://changeways.com/client-services/whowesee/whowesee.html - Each psychologist has areas of special interest; learn more in their bios: http://changeways.com/about-us/staff/staff.html - Psychologists here practice Cognitive-Behavioural Therapy (CBT) integrated with other forms of therapy (e.g., Mindfulness-Based Therapy) as needed or preferred 	<p>Call for current rates</p> <p>Likely to be similar to the current average rate for psychological services in BC (\$190-200/session)</p>	<ul style="list-style-type: none"> - They may have graduate-level practicum student(s) who would be able to offer more affordable services

<p>DBT Centre of Vancouver</p> <p>http://dbtvancouver.com/</p> <p><u>Phone:</u> 604-569-1156</p> <p><u>Email:</u> info@dbtvancouver.com</p>	<p>Downtown 1040-1200 Burrard St Vancouver, BC V6Z 2C7</p> <p>Weekdays 9am-5pm; specific psychologists' hours vary</p> <p>Psychologists available by phone within 24 hours in emergency situations</p>	<ul style="list-style-type: none"> - Assessment and treatment of more complex challenges involving difficulties coping with intense emotions (e.g., severe anxiety and mood disorders, suicidality and self-harm, drug and alcohol use, disordered eating) – see more on their website: http://dbtvancouver.com/our-services/adult - Psychologists here primarily offer Dialectical Behaviour Therapy (DBT), a variant of CBT for more complex emotional problems. They also use or integrate other forms of therapy (e.g., CBT, Mindfulness-Based Therapy) as needed or preferred 	<p>Call for current rates</p> <p>Likely to be similar to the current average rate for psychological services in BC (\$190-200/session)</p>	<ul style="list-style-type: none"> - Their graduate-level practicum student(s) can offer more affordable services
<p>North Shore Stress & Anxiety Clinic</p> <p>http://nssac.ca/</p> <p><u>Phone:</u> 604-985-3939</p>	<p>Lonsdale Quay (North Vancouver) 330-145 Chadwick Court North Vancouver, BC V7M 3K1</p> <p>Weekdays 9am-5pm; specific psychologists' hours vary</p>	<ul style="list-style-type: none"> - Assessment and treatment of a wide range of difficulties and mental health issues including anxiety and mood disorders, grief, stress, sleep dysfunction, relationship problems, and more – see a full list at http://nssac.ca/services_adult.html - Each psychologist has areas of special interest; learn more in their bios: http://nssac.ca/professionals.html - Psychologists here offer various forms of treatment including CBT, Interpersonal Therapy (IPT), Mindfulness-Based Therapy, and medication management - Tests of intellectual ability, cognitive impairment, and/or ADHD also available 	<p>\$190/session with a registered psychologist</p>	<ul style="list-style-type: none"> - Their graduate-level practicum student(s) may be able to offer more affordable services - Some graduate-level practicum students offer their services on UBC Campus (at the UBC Psychology Clinic)

Vancouver CBT Centre http://www.vancouvercbt.ca/ Phone: 604-738-7337 Email: info@vancouvercbt.ca	Kitsilano/Fairview 302-1765 West 8 th Ave Vancouver, BC V6J 5C6 Contact for hours Specific psychologists' hours vary	<ul style="list-style-type: none"> - Assessment and treatment of a wide range of anxiety and mood disorders, in addition to parent training to improve problems with child behaviour or the parent-child relationship - Each psychologist has areas of special interest; learn more in their bios: http://vancouvercbt.ca/staff/treatment_staff.html - Psychologists here primarily offer CBT, but can use or integrate other forms of therapy as needed or preferred 	Call for current rates Likely to be similar to the current average rate for psychological services in BC (\$190-200/session)	<ul style="list-style-type: none"> - Their graduate-level practicum student(s) can offer more affordable services
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SUPPORT SERVICES AND SEXUAL HEALTH CLINICS: Please note the following is only a small selection of existing support services and sexual health clinics. You can find other services and clinics by doing an Internet search, through which you might find something better suited to you.

Name, website, and contact information	Location and hours	Services offered	Rate(s)	Comments
Vancouver Recovery Club http://www.vancouverrecoveryclub.com/ Phone: 604-708-9955 Email: info@vancouverrecoveryclub.com	Main & Broadway 2775 Sophia Street Vancouver, BC V5T 3L1 24-hour drop-in and referral centre	<ul style="list-style-type: none"> - A non-profit organization providing support services to individuals seeking recovery from alcohol and drug addiction - Group support meetings covering a very broad range of 12-Step programs - One-on-one counselling available Mondays 4-8pm 	Free	<ul style="list-style-type: none"> - Programs include but are not limited to: <ul style="list-style-type: none"> - Alcoholics Anonymous - Narcotics Anonymous - Gamblers Anonymous - Compulsive Eaters Anonymous - They also offer other services including safe transportation and free monthly haircuts
Battered Women's Support Services https://www.bwss.org/	Commercial Drive 1424 Commercial Drive Vancouver, BC V5L 5G2 Crisis & intake hours	<ul style="list-style-type: none"> - Education, advocacy, and support services for women who have experienced domestic violence or other forms of physical, sexual, or emotional abuse 	Free	<ul style="list-style-type: none"> - They also run a second-hand clothing store, the proceeds of which help fund domestic violence prevention and intervention services:


<p><u>Phone:</u> 604-687-1867 (crisis line)</p> <p><u>Email:</u> information@bwss.org</p>	<p>Weekdays 10am-5pm + Wednesdays 5-8pm</p> <p>Contact for counselling hours</p>	<p>- Services include a crisis and intake telephone line, counselling, support groups, and several programs tailored to specific groups (e.g., Indigenous Women’s Program; AWARE Program to help women find employment)</p>	<p>My Sister’s Closet (Yaletown) 1092 Seymour Street Vancouver, BC V6B 1B4 - Weekdays 10am-6pm - Saturdays 11am-7pm - Sundays 12-6pm</p>
<p>Burnaby Family Life</p> <p>https://www.burnabyfamilylife.org/</p> <p><u>Phone:</u> 604-659-2205</p> <p><u>Email:</u> bfl_info@burnabyfamilylife.org</p>	<p>Burnaby 102-2101 Holdom Ave Burnaby, BC V5B 0A4</p> <p>See website for other locations in Burnaby and New Westminister: https://www.burnabyfamilylife.org/about/contact-us</p> <p>Contact for hours at desired location</p>	<p>- Education programs, support groups, and counselling services for women, children, and families, particularly those who have experienced domestic violence and/or physical, sexual, or emotional abuse</p> <p>- Programs include Violence Against Women, Children Who Witness Abuse, Keeping Cool for Parents, Anger Management for Men, Immigrant Women’s Support Group, Single Mother’s Support Group, and Money Skills</p>	<p>Individual counselling is free</p> <p>Group counselling is by donation</p> <p>- Various forms of therapy including art therapy</p> <p>- Childcare services are provided</p>
<p>Vancouver Opt Clinic</p> <p>https://www.optionsforsexualhealth.org/providers/vancouver-opt-clinic/</p> <p><u>Phone:</u> 604-731-4252 or 1-800-739-7367</p> <p>Contact for hours at desired location</p>	<p>BC Women’s Hospital Shaughnessy Building, Level 2 4500 Oak Street Entrance via Heather St Vancouver, BC V6H 3N1</p> <p>East Hastings 3550 East Hastings Street Vancouver, BC V5K 2A7</p> <p>South Hill South Hill Family Clinic 1193 Kingsway Vancouver, BC V5V 3C9</p>	<p>- A variety of sexual health services including general sexual health education, nonjudgmental birth control counselling, low-cost contraceptives, pap testing, STI testing, pregnancy testing and options counselling, and referrals; see full list at https://www.optionsforsexualhealth.org/clinic-services/opt-clinics</p>	<p>Free or low-cost</p> <p>- Other clinic locations across BC can be found at https://www.optionsforsexualhealth.org/clinic-services/opt-clinics</p>



ACTIVITIES THAT PROMOTE WELL-BEING: As with other sections of this document, the list below provides only a small selection of activities and services that you might enjoy and find beneficial to your mental and physical well-being. Check out the websites to learn more and/or do an Internet search of your own for things that you might like.


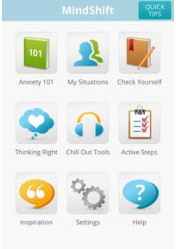
Type of activity	Name, website, and contact information
Fitness and recreation	<p><u>Some fitness centres/classes in Vancouver</u></p> <ul style="list-style-type: none"> • Steve Nash Fitness World: http://www.snclubs.com - for group fitness classes or solo gym time • Urban Rec: https://vancouver.urbanrec.ca - for intramural sports leagues • Semperviva Yoga (https://www.semperviva.com) or YYoga (https://yyoga.ca) - for yoga classes • The Dailey Method (https://www.thedaileymethod.com) or Pure Barre (http://purebarre.com) - for barre classes • Harbour Dance Centre (https://harbourdance.com), iDance (https://www.idancevancouver.com), or RSVP 33 (https://www.rsvp33.com) - for dance classes • ClassPass: https://classpass.com - through ClassPass, you can take a variety of fitness classes throughout Vancouver at a reduced rate, ranging from yoga, to boxing, to spinning, to barre, to pilates, etc. <p>Note this is a very small selection. You can also find excellent fitness classes and programs online, including on YouTube, if you would prefer to work out at home.</p>
Mindfulness meditation	<p><u>Some meditation groups/centres in Vancouver</u></p> <ul style="list-style-type: none"> • Moment Meditation: http://momentmeditation.com • Lightwork: http://www.lightwork.ca • Vancouver Shambhala Centre: https://vancouver.shambhala.org • Westcoast Dharma Society: http://www.westcoastdharma.org/index.htm <p>The above groups and centres offer a variety of meditation experiences ranging from online classes, to in-person classes, to meditation retreats. Prices vary; some are by donation.</p>
Hobbies	<p>You can find groups and communities who share your interests on the Meetups website: https://www.meetup.com/topics/hobbies/ca/bc/vancouver</p> <p>You can also do an Internet search for hobbies that interest you and choose to a) attend classes or get-togethers to make it a social activity or b) do them solo. If you choose to do them solo, there are many online options including YouTube tutorials, online class sites such as Skillshare (https://www.skillshare.com - they have a Free Classes section), educational apps such as Duolingo (for learning languages; https://www.duolingo.com), and many more.</p>


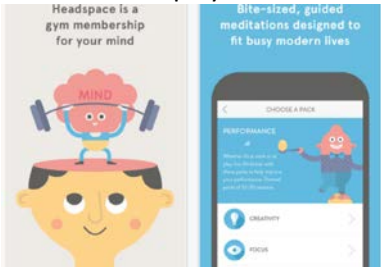

Online and Phone Resources

ONLINE RESOURCES: The following section includes a non-exhaustive list of educational websites, online chat services, e-therapy, and a variety of mental health apps. More mental health apps, including reviews from the Anxiety and Depression Association of America, can be found at <https://adaa.org/finding-help/mobile-apps>, and you can find others that might better suit your needs by doing an Internet search.

Name and basic info	Services offered	Cost	Comments
Anxiety Canada (formerly AnxietyBC) https://www.anxietycanada.com	<ul style="list-style-type: none"> - Website offering information and self-help resources for individuals of all ages who struggle, or have a loved one who struggles, with anxiety and anxiety disorders (e.g., Social Anxiety Disorder, Generalized Anxiety Disorder, Obsessive-Compulsive Disorder) 	Free	<ul style="list-style-type: none"> - The organization puts on occasional workshops and other events: see www.anxietycanada.com/events 
Kelty Mental Health Resource Centre http://keltymentalhealth.ca	<ul style="list-style-type: none"> - Website offering information and resources tailored to children, youth, and families - Includes guidelines for navigating the mental health system, information on types of therapies and medications, and healthy living tips 	Free	<ul style="list-style-type: none"> - Primarily targeted to children/youth, parents, and families, but a lot of the basic information is highly relevant to all people including students (e.g., the descriptions of different therapies) - Online content is available in different languages
Foundry https://foundrybc.ca/info-tools/mental-health-substance-use/ https://foundrybc.ca/get-support/	<ul style="list-style-type: none"> - Website offering information on a variety of mental health difficulties (e.g., anxiety, depression, substance use, body image/eating, psychosis), plus self-checks and recommended coping skills - Recommended resources, including counselling services, peer support, and apps, for you and your loved ones 	Free	<ul style="list-style-type: none"> - You can also visit them in-person at 1260 Granville Street, where they are open weekdays 9am-6pm and offer counselling, peer support, primary care, social services, and educational resources to youth ages 12-24

<p>Empower Me</p> <p>https://ear.powerflexweb.com/1545/login_SC.html</p> <p>Enter password "Studentcare"</p> <p>Phone: 1-844-741-6389 Available 24/7</p>	<ul style="list-style-type: none"> - Mental health services catering to university students - Counsellors can help with a wide range of difficulties including crisis situations, anxiety, depression, grief, relationship problems, cultural adjustments, disordered eating, educational conflict, and more - You can also speak to life coaches about issues such as personal growth, well-being, career, finances, and relationships - Video counselling and e-counselling are also available 	<p>Free for UBC students who are covered by Studentcare</p>	<ul style="list-style-type: none"> - All sessions are kept completely confidential - Multilingual, culturally-sensitive, and faith-inclusive services 
<p>Talkspace</p> <p>https://www.talkspace.com</p>	<ul style="list-style-type: none"> - Online therapy from licensed therapists, who provide services similar to what you'd receive from a counsellor (e.g., working through relationship conflict, work stress, low self-esteem, mild-to-moderate anxiety, grief, etc.) - After receiving an assessment and choosing a payment plan, you will be matched with your own personal therapist whom you can write to whenever you like - Therapists respond 1-2 times per day through online chat, and you can schedule video chats 	<p>Payment plans start at \$49/week</p> 	<ul style="list-style-type: none"> - Accessible with computers, tablets, and smartphones - Data is encrypted to protect your confidentiality - You can send audio, video, and picture messages if you don't want to type everything - Couples therapy is offered - "Social media dependency therapy" is also available to help you develop a healthier relationship with social media (e.g., Facebook, Instagram)
<p>Moodgym</p> <p>https://moodgym.com.au/</p>	<ul style="list-style-type: none"> - Online, interactive self-help program to help you prevent and manage symptoms of depression and/or anxiety - Based in Cognitive-Behavioural Therapy - Self-paced so you can complete the program on your own schedule 	<p>\$39 AUD/year</p>	<ul style="list-style-type: none"> - Data is kept secure to protect your confidentiality - Note that data is hosted on Australian servers - Also available in German

<p>This Way Up</p> <p>https://thiswayup.org.au/</p>	<ul style="list-style-type: none"> - Online courses to help you understand and work through challenges with stress, insomnia, worry, anxiety, depression, and more - Includes action plans to accompany each lesson, reminder emails/texts, and questionnaires to help you track your progress - The website also includes a lot of helpful educational information about various psychological difficulties 	<p>Coping with Stress, Intro to Mindfulness, and Managing Insomnia courses are free</p> <p>One-time payment of \$59.99 AUD for all other courses including Depression, Mixed Depression and Anxiety, OCD, etc.</p>	<ul style="list-style-type: none"> - Paid courses are supervised by your clinician (e.g., GP or Clinical Psychologist), who will prescribe it to you and give you feedback throughout the course - Free courses are completely anonymous - After payment you have access to the course for 3 months
<p>Joyable</p> <p>https://joyable.com/start-joyable</p>	<ul style="list-style-type: none"> - Online self-help program to help you work through symptoms of depression and/or anxiety - Based in Cognitive-Behavioural Therapy - Programs are individualized to give you the most benefit possible - Receive one-to-one support from a coach via phone, text, and/or email 	<p>\$99/month with a 7-day free trial</p> <p>Some employers offer Joyable to their employees for free</p>	<ul style="list-style-type: none"> - Coaches are not licensed mental health professionals, but they are trained in cognitive-behavioural techniques
<p>Woebot</p> <p>https://www.facebook.com/drwoebot/</p> <p>Click "Send Message"</p>	<ul style="list-style-type: none"> - An instant messaging-based "bot" who will check in with you daily and help you work through difficulties with your mood and anxiety - Based in Cognitive-Behavioural Therapy - Interactive and includes a variety of tools and techniques, including educational videos and graphs of your mood over time 	<p>Free</p> 	<ul style="list-style-type: none"> - Woebot was originally developed for use by university students, including graduate students!
<p>MindShift</p> <p>https://www.anxietybc.com/resources/mindshift-app</p> <p>Search for it in your smartphone app store</p>	<ul style="list-style-type: none"> - Anxiety management app - Includes basic information on anxiety, checklists to help you learn more about your own anxiety, cognitive-behavioural strategies for managing your anxiety, and relaxation exercises 	<p>Free</p> 	<ul style="list-style-type: none"> - The app was developed for use by adolescents and young adults, but people of all ages can enjoy and benefit from it - Basic and clean interface

<p>Pacifica</p> <p>http://www.thinkpacifica.com/</p> <p>Search for it in your smartphone app store</p>	<ul style="list-style-type: none"> - Highly customizable mental health app that tracks your daily mood and other daily habits of your choice (e.g., water intake, caffeine intake, exercise, sleep) - The app provides suggested activities and strategies based on your mood (e.g., meditation, relaxation, goal-setting) - It can also graph your daily habits against your mood to see what has the biggest impact 	<p>Free, but you need a premium account to access all features:</p> <p>Annual plan \$5.74/month</p> <p>Monthly plan \$11.49/month</p> <p>Lifetime \$279.99</p>	<ul style="list-style-type: none"> - Other features include chat groups and a “Hope Board” of mood-boosting quotes - Attractive and customizable interface: 
<p>Headspace</p> <p>https://www.headspace.com/</p> <p>Search for it in your smartphone app store</p>	<ul style="list-style-type: none"> - Mindfulness meditation app offering meditations in a wide variety of topics related to mental health, productivity, relationships, student life, sleep, and more – 10, 15, and 20-minute lengths - Also includes brief meditation “singles” for acute needs (e.g., to help you fall asleep or calm down from panic) - Also includes a daily meditation available in 3, 5, 10, 15, and 20-minute lengths 	<p>Free 10-day beginner course</p> <p>Annual plan \$7.99/month</p> <p>Monthly plan \$12.99/month</p> <p>Lifetime \$399.99</p>	<ul style="list-style-type: none"> - The app will keep track of your daily meditation “streaks,” which can be motivating! - Colourful and playful interface: 
<p>Calm</p> <p>https://www.calm.com/</p> <p>Search for it in your smartphone app store</p>	<ul style="list-style-type: none"> - Mindfulness meditation app offering daily meditations in a wide variety of topics related to anxiety, self-esteem, stress, focus, gratitude, and more - “Sleep Stories” for listening to help you fall asleep - Music tracks and nature sounds to help with focus, relaxation, and sleep - Monthly “Calm Masterclass” featuring world-renowned mindfulness expert(s) 	<p>Free, but you need a premium account (\$59.99/year) to access all features</p>	<ul style="list-style-type: none"> - Can track your progress - Interface in cool colour scheme with calming visuals: 

Emergency Resources

WALK-IN EMERGENCY SERVICES: The following services should be your first line of action in emergency or crisis situations – for example, if you, a friend, or a loved one are at serious risk of harming oneself or someone else, or seriously considering suicide.

Name, website, and contact information	Location and hours	Services offered	Rate(s)	Comments
UBC Hospital Urgent Care Centre <u>Phone:</u> 604-822-7662 OR 9-1-1 OR 604-822-2222 (campus security)	UBC Hospital Koerner Pavilion 2211 Wesbrook Mall Vancouver, BC V6T 2B5 Every day 8am-10pm	<ul style="list-style-type: none"> - Emergency services for those in acute crisis (e.g., at risk for suicide) - Sexual assault services 	Free	<ul style="list-style-type: none"> - Go here if on campus and in an emergency/crisis situation, or call 9-1-1 or campus security
Vancouver General Hospital Emergency Department <u>Phone:</u> 604-875-4111 OR any hospital emergency room <u>Phone:</u> 9-1-1	Vancouver General Hospital 920 West 10 th Avenue Vancouver, BC V5Z 1M9 24/7	<ul style="list-style-type: none"> - Emergency services for those in acute crisis (e.g., at risk for suicide) 	Free	<ul style="list-style-type: none"> - Going to your usual doctor's office or walk-in clinic to discuss your mental health concerns is also always an option, although if you are at risk of harm, going to an emergency room or calling 9-1-1 is the best choice
Vancouver Access & Assessment Centre <u>Phone:</u> 604-675-3700 (24-hour crisis line)	Vancouver General Hospital Segal Family Health Centre, Level 1 803 West 12 th Avenue Vancouver, BC V5Z 1M9 24/7	<ul style="list-style-type: none"> - Short-term treatment (support, stabilization, and crisis management) for non-life-threatening mental health and/or substance use challenges - Includes assistance for friends and family members of suffering individuals - Clinical team includes registered psychiatric nurses, social workers, and psychiatrists 	Free	<ul style="list-style-type: none"> - These and other hospital services should be covered through MSP

SAFER Counselling Services <u>Brochure:</u> http://phc.eduhealth.ca/PDFs/GV/GV.150.S128.pdf <u>Phone:</u> 604-675-3700	Vancouver General Hospital Segal Family Health Centre, Level 1 803 West 12 th Avenue Vancouver, BC V5Z 1M9 Access & Assessment Centre (which handles referrals) open 24/7	- Counselling and support services offered to individuals contemplating suicide, to concerned loved ones, and to those who have lost loved ones to suicide	Free	- Referrals are made through the Access & Assessment Centre, details above
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PHONE EMERGENCY RESOURCES: The following are telephone-based mental health resources, all of which are accessible 24 hours a day.

Name, website, and contact information	Services offered	Rate(s)	Comments
Crisis Centre BC 1-800-784-2433 <u>Greater Vancouver:</u> 604-872-3311 Available 24/7	- Crisis line to call if you or a loved one is considering suicide	Free	- If you or a loved one is at imminent risk of committing suicide, call 9-1-1 or go to your nearest Emergency Room - Available in over 140 languages
Crisis Centre BC Mental Health Support 310-6789 (no area code) Available 24/7	- Crisis line providing information and resources specific to mental health and emotional support	Free	- If you or a loved one is at imminent risk of committing suicide, call 9-1-1 or go to your nearest Emergency Room - Available in over 140 languages
Vancouver Access & Assessment Centre 604-675-3700 Available 24/7	- Crisis management, support, and stabilization for individuals struggling with non-life-threatening mental health and/or substance use issues - They will help redirect you to appropriate mental health and/or substance use services in Vancouver	Free	- For life-threatening issues (e.g., if you or a loved one is contemplating suicide), call a crisis line/9-1-1 or go to your nearest Emergency Room

<p>VictimLinkBC</p> <p>1-800-563-0808</p> <p>TTY for hard-of-hearing: Call 604-875-0885 Text 604-836-6381</p> <p>Available 24/7</p>	<ul style="list-style-type: none"> - Information and referral services for victims of crime - Immediate crisis support for victims of family/domestic and sexual violence, including victims of human trafficking - Can refer to community, social, health, justice, and government resources, including victim services, transition houses, and counselling - Can provide information on the justice system, relevant federal and provincial legislation, crime prevention, safety planning, protection order registries, and more 	<p>Free</p>	<ul style="list-style-type: none"> - If you are at imminent risk of being harmed, call 9-1-1 - All calls are kept completely confidential - Call even if you are unsure if you are a victim of crime or violence
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ONLINE EMERGENCY RESOURCES: The following are online-based mental health resources, all of which are accessible 24 hours a day.

Name, website, and contact information	Services offered	Rate(s)	Comments
<p>Crisis Centre BC Online Chat Services</p> <p>Adults: www.CrisisCentreChat.ca Available 12pm-1am</p> <p>Youth: www.YouthInBC.com Available 12pm-1am</p>	<ul style="list-style-type: none"> - Online chat service - Receive support, information, and resources from crisis line volunteers - Chat about crisis situations (e.g., suicide) and other mental health concerns 	<p>Free</p>	<ul style="list-style-type: none"> - Youth can also chat with volunteers about issues including bullying, abuse and assault, substance use, disordered eating, self-harm, LGBTQ+ difficulties, and sexual health