

## FIND PROFESSIONAL SUPPORT

[UBC Counselling Services](#) currently offers appointments by phone. Students can call **604-822-3811** to schedule a Wellness Advising appointment (the starting point for connecting to resources such as brief counselling). Services are free of charge to UBC students.

[UBC Student Assistance Program \(SAP\)](#). Offered by Aspiria, the UBC Student Assistance Program (SAP) is a free, 24/7 wellness resource for students. Services include personal counselling, life coaching, group programs and more based on your needs.

[Studentcare/Pacific Blue Cross](#) includes counselling and mental health benefits of up to \$500 per academic year for all students enrolled in UBC GSS's Student Health & Dental Plan (Studentcare). Many practitioners offer services online or by phone. Students who have opted out of the GSS Health & Dental Plan may have similar coverage through an equivalent extended benefits plan.

[Vancouver Coastal Health Access & Assessment Centre](#) serves as an entry point for mental health and/or substance use services through Vancouver Coastal Health. AAC can provide immediate access to mental health care providers to anyone with urgent need.

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## TALK TO SOMEONE NOW

[Here2Talk](#) offers 24/7 confidential, single-session counselling services by app, phone or online chat. Free to all BC postsecondary students.

[Drop-in Virtual Counselling](#) is available, by phone, through UBC Counselling Services.

[BC-wide crisis line](#): **1-800-SUICIDE** (1-800-784-2433). [Online crisis chat](#) also available.

[HealthLink BC](#) provides health information, including a COVID Symptom Self-Assessment tool. Call **8-1-1** to speak with a health services navigator, registered nurse, pharmacist, or registered dietician.

[First Nations and Inuit Hope for Wellness Helpline](#) offers mental health counselling, crisis support, and referrals for Indigenous peoples across Canada. Indigenous folks in BC can also call the [KUU-US Crisis Line](#) at **1-800-588-8717**.

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## CONNECT WITH PEERS

The [Graduate Student Society](#) of UBC provides support to graduate students at UBC. Services include [Peer Support](#), [Student Assistance Funds](#) and [Health & Dental Plan](#).

[AMS Peer Support](#) provides free, confidential, one-on-one peer support for UBC students and staff facing a wide variety of challenges.

UBC Counselling Services offers online group programs, including a Graduate Student Online Support Group, where you can learn new skills and connect with fellow students. Information about upcoming groups [can be found here](#).

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## LEARN NEW TOOLS & SKILLS

UBC Graduate and Postdoctoral Studies offers many [excellent workshops and events](#) through the Graduate Pathways to Success program. Wellbeing-focused topics include overcoming perfectionism, time management, assertiveness, communication skills, and more.

[TAO Self-help Resources](#) include online modules and tools on stress, anxiety, relationship problems, substance use, and more. Also includes a library of mindfulness exercises. Register with a UBC email.

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## STAY WELL

[Wellness Centre Online](#) is a Canvas space for engaging in topics relevant to your wellbeing. All UBC students can self-enroll.

The [Thrive 5](#) are simple, easy-to-implement, and evidence-based ways to help support your mental health.

[UBC Recreation](#) offers free at-home workouts, live movement sessions, and many other tips and resources, plus up-to-date information about fitness & recreational facilities.

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## HEALTH, WELLBEING, AND SAFETY

[Health](#) includes taking care of yourself every day, understanding that challenges are normal, and knowing what to do when you don't feel well.

Visit [UBC Student Services](#) and the [Faculty of Graduate and Postdoctoral Studies](#) to find tips, resources and in-person support open to all graduate and undergraduate students.

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