

Wellness Resources for UBC Students

Visit students.ubc.ca/health for up-to-date information

After-hours and urgent mental health support

- **Urgent Care at UBC Hospital** – 8 am to 10 pm daily
- **Crisis Centre BC (24/7)**: 1-800-784-2433
- **Vancouver residents** can go to **Vancouver General Hospital's Access and Assessment Centre**: 7:30 am-11 pm daily, 604-675-3700
- **Emergency Services (24/7)**: Call 9-1-1 or go to your nearest emergency department
- **8-1-1**: nurses are available 24/7; other health professionals are available 9 am to 5 pm; Monday to Friday

Student Health Service Medical Centre

- Book a virtual/phone appointment [online](#) or by calling 604-822-7011

Coaching, Wellness Advising & Counselling

- **UBC Student Assistance Program by Aspiria**: Receive free, 24/7 personal counselling and life coaching, offered in many languages through phone, video-counselling, or e-counselling.
- **Here2Talk**: connects BC post-secondary students with mental health support; 24/7 access via app, phone (Canada: 1-604-642-5212; International: 1-877-857-3397)
 - Single session personal counselling
- **UBC Counselling Services**: wellness advising; single session counselling; individual counselling (by referral)
 - Schedule a phone appointment by calling 604-822-3811
- **Counselling Services [Online Support Groups](#)**:
 - Support Group for International Students
 - Safety and Resilience Online Group

Online Tools

- **[UBC Recreation – Get Active At Home](#)**
- **[Wellness Together Canada](#)**
 - Wellness self-assessment and tracking
 - Self-guided courses, apps, and other resources
 - Group coaching and community of support
 - Counselling by text or phone
- **[Mindhealthbc.ca](https://mindhealthbc.ca)** Take an online mental health assessment and find resources
- **[Healthlinkbc.ca](https://healthlinkbc.ca)** Check physical health symptoms and find resources
- **[Heretohelp.bc.ca](https://heretohelp.bc.ca)** Learn and access mental health and substance use resources
- **[Students.ubc.ca](https://students.ubc.ca)** Find resources, and helpful tips organized by topic
- **[MoodFx.ca](https://moodfx.ca)** is an interactive tool to help people with depression and low mood

- [Therapy Assisted Online \(TAO\) Self-Help](#)
 - 24/7 access, learn about managing stress, anxiety, anger, problem solving, and relationships
 - Evaluate your alcohol and drug use
 - Sign up for a free, secure and private account with your UBC email
- **Headspace** is an app to learn to meditate and live mindfully (App store or Google Play).

Sexual Violence Support

[Sexual Violence Prevention and Response Office](#): 604-822-1588, Monday – Friday, 8:30 am to 4:30 pm