

Grad Student Mental Health Resources

I Need Help Right Now:

1. Vancouver Island Crisis Line **1-888-494-3888** (<http://www.vicrisis.ca/>)
2. Ambulance/Police **9-1-1**
3. BC Crisis Centre **310-6789** (<https://crisiscentre.bc.ca/>)
4. Counselling Services (<https://www.uvic.ca/services/counselling/>)
 - o Same-day walk-in appointments available
5. Campus Security **250-721-7599**

I Need Help Managing My Mental Health:

1. Counselling Services (<https://www.uvic.ca/services/counselling/>)
 - a. Scheduled appointments (3-4 sessions)
 - b. Group counselling in:
 - i. Career exploration
 - ii. Connection & support
 - iii. Cognitive behavioural therapy
 - iv. Grief
 - v. Anxiety
 - vi. Mindfulness
 - vii. Thesis completion
 - viii. Many more
2. Health Services (<http://www.uvic.ca/services/health/>)
 - a. Booked or walk-in doctor appointments
 - b. Referred and booked psychiatrist appointments (free)
3. GSS Extended Health Plan (<https://service.pac.bluecross.ca/>)
 - a. \$250 coverage for visits with a psychologist or clinical counsellor
 - b. 3 x 1 hour phone calls with a professional (e.g. lawyer, counsellor, dietician) on a variety of topics including: mental health, addictions, nutrition, sleep, legal matters, and career development. This is via the Student Lifeline services. Contact the GSS to learn more.

What Policies can help me on Campus?

1. Leaves of Absence (<http://web.uvic.ca/calendar2016-05/grad/registration/leaves.html>)
2. Resource Centre for Students with a Disability (<http://www.uvic.ca/services/rcsd/>)
 - a. Note: RCSD is focused on undergraduate issues and may not be well-equipped to accommodate all graduate student-specific issues
3. Supervisor Relationship Policy (<https://www.uvic.ca/graduatestudies/research/home/yoursupervisor/relationship/>)
4. Sexualized Violence Policy (<http://www.uvic.ca/info/sexualizedviolencepolicy/>)

Where Can I go on Campus for Community Support?

1. International Student Services (<https://www.uvic.ca/international/home/contact/iss/index.php>)
2. Multifaith Services (<https://www.uvic.ca/multifaith/>)
3. UVic Mental Health Awareness Club (<https://www.facebook.com/uvicmentalhealth/>)

Where can I Find Activities or Spaces on Campus to Help?

1. Respite rooms
 - a. McPherson Library - Room 132
 - b. Law Library - Room 258
2. Social activities through the GSS (<http://gss.uvic.ca/events-calendars/gss-events>)
3. Physical activities through CARSA (<http://vikesrec.ca/index.aspx?path=health>)
4. UVSS Clubs (<https://uvss.ca/clubs/>)
5. Vikes Recreation Sports Clubs
(http://vikesrec.ca/sports/2015/4/21/GEN_0421154434.aspx)
6. Mental Health Awareness Week (January each year)

Good Mental Health Hygiene Tips and Resources

There are many great resources online to help you maintain and improve your regular mental health. Good mental health hygiene can involve practicing mindfulness, being grateful, meeting yourself where you're at, and persevering. Here are some links to resources that you may find helpful.

1. <https://psychcentral.com/blog/archives/2015/11/12/mental-health-hygiene-habits/>
2. <https://www.anxietybc.com/>
3. <https://www.uvic.ca/services/counselling/resources/internet-resources/index.php>

Self-Assessment Tools:

Here are some tools that can help you self-assess how you're feeling and connect you with some mental health resources and supports.

1. www.MindCheck.ca
2. <https://www.walkalong.ca/>