

Virtual Health Care and Counselling for UVic Students

This list is designed for UVic Students with Guard.me or a provincial/territorial health number. Individuals that have valid BC MSP number are eligible to use Telehealth to talk to a licensed physician for virtual care. Their appointment with a physician will be covered by MSP when registering with a valid MSP number and must provide government issued ID.

These physicians are able to write prescriptions that will be faxed over to a pharmacy that has the ability to receive new prescriptions. Patients have the ability to choose the pharmacy they would like their prescription sent to as well. Physicians through virtual care telehealth also have the ability to sign off on laboratory requisition forms that you can print off at home and take to LifeLabs for blood workups.

UVic Student Wellness Centre (SWC)

250-721-8492

- Visits are covered by BC MSP using a valid MSP number
- Phone booking for in-person appointments with separate entrances
- Virtual Care and Counselling services available for UVic graduate students

[https://www.uvic.ca/services/health/;](https://www.uvic.ca/services/health/)

Medimap

- Visits are covered by BC MSP using a valid MSP number
- Provides live wait times for walk-in clinic either online or provides a wait time for an in-person visit when possible in Victoria, BC

<https://medimap.ca>

Well Health virtualclinic+

- Visits are covered by BC MSP using a valid MSP number

<https://virtual.wellclinics.ca/index.html>

Babylon Health

- Visits are covered by MSP, AHCIP, and OHIP with valid numbers (BC, Alberta, and Ontario)

<https://www.telus.com/en/bc/health/personal/babylon>

Guard.me or Maple

- Visits are covered by MSP with valid numbers
- Cost without provincial health coverage: \$49 (and up); eligible for Guard.me coverage (when valid). Use your log-in through Guard.me UVic Page.

<https://www.guard.me/mobiledoctor.php>

Counselling through the University Of Victoria

Some counselling does require you to have a provincial or territorial health plan number in order to use their services. Not all locations have adjusted to online virtual services, so please check their website or call their location to ensure they can provide COVID-19 protocols for services.

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Support Connect

<https://www.uvic.ca/services/counselling/resources/supportconnect/>

- This provides free 24/7 mental health support services for students at the University Of Victoria.
- Student connect by phone or online to qualified counsellors, consultants, and life coaches

How to Registered Counselling Covered under the GSS Extended Health

Under the GSS Extended Health Plan (Policy: 43222), Graduate students on our plan have a \$10 annual deductible once per calendar year. For your coverage for Registered Counselling Services (Registered Counsellor, clinical psychologist, or cognitive behavioural therapy):

Graduate students are covered up to a maximum of \$500 per calendar year (Jan 01 – Dec 31) for psychologist and clinical counsellor (including learning assessments) combined.

- Clinical psychologists have an eligible billing amount of \$300 per session; clinical psychologists require a referral from a physician (with note)

For Registered Counselling, there a \$10 per visit copayment after which, there is a 100% reimbursement up to the eligible amount. Most registered counselling does not require a referral from a physician, unless it is required by your provincial/territorial health authority.

All clinical and registered counsellors must be have an active valid member number accredited and registered with one of the following:

- BC Association of Clinical Counsellors (**BCACC**) (<https://bc-counsellors.org/counsellors/>; you can search by language on their website); or
- Canadian Professional Counsellors Association (**CPCA**) (<https://www.cPCA-rpc.ca/counsellor-directory.aspx>; search by area and therapy type); or
- Canadian Counselling and Psychotherapy Association (**CCPA**) (<https://www.ccpa-accp.ca/find-a-canadian-certified-counsellor/>; search by language on this one); or
- Association of Cooperative Counselling Therapists of Canada (**ACCT**) (<http://counsellor-directory.acctcounsellor.com/directory/>;)
 - The insurance company will not cover group counselling or counselling by students that have not passed their testing requirements by their corresponding association.
 - The insurance company will not cover counselling by a social worker.
 - Rates can vary for registered counsellors and not all provide direct billing services.
 - Most counsellors will require you to pay for services and submit receipts online yourself. You can do this by registering your Pacific Blue Cross Account online

Updated Feb 18, 2021

Free and Affordable Counselling Around Victoria, BC

British Columbia Schizophrenia Society

250-384-4225

941 Kings Road

Victoria, BC V8T 1W7

- Counselling for individuals and family members dealing with mental health illness/issues
- Free; Short term; Self-referral

<http://www.bcss.org/category/branches/branches-branches/victoria-branch/>

Citizen's Counselling

250-384-9934

941 Kings Road

Victoria, BC V8T 1W7

- Adults, couple & group counselling
- Sliding scale; Lowest \$10/session
- Self-referral

<http://www.citizenscounselling.com/index.html>

Kelty Centre-Eating Disorders Program South Vancouver Island

250-387-0000

302 – 2955 Jutland Road

Victoria, BC V8T 5J9

- Eating disorder child, family and adult counselling
- Free with Self-referral; GP (medical doctor) involvement required for post follow-up

<https://keltyeatingdisorders.ca/south-vancouver-island-eating-disorders-program/>

Family Services of Greater Victoria

250-386-4331

1004 North Park Street

Victoria, BC V8T 1C6

- Individual, couple, family & child counselling
- Sliding scale; Lowest \$30/session
- Self-referral

<http://www.fsgv.org/>

Updated Feb 18, 2021

Pacific Center Family Services Association

250-478-8357

Wellness Centre

324 Goldstream Avenue 2nd floor

Colwood, BC V9B 2W3

- Stopping the Violence program: women who have experienced abuse
- Free and Self-referral

<https://www.pacificcentrefamilyservices.org/>

South Island Centre for Counselling and Training

250-472-2851

3821 – A Cedar Hill Cross Road

Victoria, BC V8P 2M6

- Individual, couple, family and child counselling
- Sliding scale; Lowest \$10/session
- Self-referral

<https://www.southislandcentre.ca/>

Arbour Counselling Centre

250-479-9912

4277 Quadra Street

Victoria, BC V8X 1L5

- Individual counselling
- Sliding scale; Lowest \$80/session

<https://www.arbourcounselling.ca/>

Sooke Family Resource Society

250-642-5152

6672 Wadams Way

Sooke, BC V9Z 0H3

- Individual, couple & family counselling (Up to 12 free sessions)
- USTAT program: short term mental health intervention (GP-medical doctor referral)
- Caring for Communities Counselling Program: sliding scale

<http://www.sfrs.ca/>

Calvin Black Counselling

Counselling out of Arbour Counselling Centre

- Focus: Men's counselling
- Sliding scale; lowest \$80/session
- Self-referral

<http://calvinblack.com/counselling/>

Updated Feb 18, 2021

1Up - Victoria Single Parent Resource Centre

250-385-1114

602 Gorge Road E

Victoria, BC V8T 2W6

- Counselling for single parent members, self-awareness, parenting time management, boundaries, anatomy of anger, and mentoring
- Up to 10 free sessions
- Self-referral

<http://singleparentvictoria.ca/>

Addictions Outpatient Treatment (Island Health)

250-519-3485

1119 Pembroke Street

- Adults with substance abuse
- Free and Self-referral or (GP-medical doctor referral)

https://www.viha.ca/mhas/locations/victoria_gulf/community/addictionsoutpatient.html

Cascadia Counselling Clinic

250-590-7050

300 – 755 Queens Avenue

Victoria, BC V8T 1M2

- Individual, couple & family counselling, and (CBT-Cognitive Behavioral Therapy)
- Sliding scale; Lowest \$50/session
- Self-referral or (GP-medical doctor)

<http://www.cascadiaconsultation.com/>

Beacon Community Services

250-656-0134

9860 Third Street

Sidney, BC V8L 4R2

- Adult, youth, and children counselling with Youth and family services
- Seniors peer counselling (Free)
- Self-referral (Sliding scale; Lowest \$5/session)

<https://beaconcs.ca/>

Epsilon Counselling

1-778-300-8485

550 – 2950 Douglas Street

Victoria, BC V8T 4N4

- Individual counselling and self-referred for sessions.
- Sliding scale

<http://www.epsiloncounselling.ca/about/>

Updated Feb 18, 2021

Discovery Youth & Family Services (Island Health)

250-519-5313

Esquimalt Health Unit

530 Fraser Street 2nd floor

Victoria, BC V9A 6H7

- Substance abuse youth (13-19) & family counselling
- Free and Self-referral

<https://www.viha.ca/youth-substance-use/discovery.html>

Esquimalt Neighbourhood House Society

250-385-2635

511 Constance Avenue

Esquimalt, BC V9A 6N5

- Adults and couples counselling
- Youth (13-18), and Family
- Free and Self-referral

<http://www.enh.bc.ca/>

Hulitan Social Services Society

250-384-9466

104-731 Station Avenue

Victoria, BC V9B 5R5

- Aboriginal children and families counselling
- Free and Self-referral

<http://www.hulitan.ca/>

Seniors Serving Seniors

250-413-3211

1911 Quadra Street

Victoria, BC V8T 4C1

- Seniors peer counselling
- Free (Volunteer non-professional support for grief and loss actively listening)
- Self-referral

<http://seniorsservingseniors.bc.ca/>

Strength Counselling Services

1-866-295-0551

- E-Counselling-(online) available; Couples and family support
- (Free 10 week program is determined during intake, for persons with proof of low income)
Otherwise a sliding scale; Lowest \$80/session; \$25/group session

<https://strengthcounselling.ca/>

Updated Feb 18, 2021

The Anti-Violence Project

778-400-5007

Office is Closed due to COVID-19

- Services (phone and video) for all genders and identities that are members of the UVic Campus community and surrounding areas including students, staff, and faculty.
- Call-in support over the phone on:
 - Monday 11 AM – 1 PM & 3 PM to 5 PM
 - Tuesday 11 AM – 1 PM & 3 PM to 5 PM
 - Thursday 11 AM – 1 PM

<https://www.antiviolenceproject.org/>

Victoria Sexual Assault Centre

250-383-3232

201 – 3060 Cedar Hill Road

Victoria, BC V8T 3J5

- Individual trauma & group counselling by donation
- Self-referral

<https://vsac.ca/>

Men's Trauma Centre

250-381-6367

102-1022 Pandora Avenue

Victoria, BC V8V 3P5

- Victim/Trauma support and counselling
- Individual/group
- Fees determined during free intake session

<http://www.menstrauma.com/>

Victoria Child Abuse Prevention and Counselling Centre

250-385-6111

210-1175 Cook Street

Victoria, BC V8V 4A1

- Victim and counselling services for children, youth and families affected by sexual abuse and other trauma
- Sexual abuse intervention program
- Youth with sexual behaviour problems program
- Other forms of Trauma Counselling

<https://vcapcc.com/counselling>

Updated Feb 18, 2021

Cridge Centre for the Family

250-384-8058

1307 Hillside Avenue

Victoria, BC V8T 0A2

- Transition house for women and supportive counselling
- Young parent outreach program

Military Family Resource Centre

250-363-2640

- Short-term intervention and crisis support and assistance
- Short-term counselling and groups

<http://www.esquimaltmfrc.com/>