

Graduate Student Well-Being Resources

2022 Update

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This list of resources was compiled by the UBC Psychology Department's 2021/2022 Graduate Student Well-Being Committee (Michelle Hunsche, Caroline Miller, Carly Parsons, Charlotte Roddick, & Ke Zhang) and edited by Carly Parsons (cparsons@psych.ubc.ca). The list is not exhaustive, but intended to highlight some reputable (or highly-reviewed) resources of which we are aware. Please note that we do not have personal experience with all of the resources listed, and that we also do not stand to gain from listing them here. Many more can be found with an online search.

General Information

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

Good question! There are many different types of mental health professionals, and they can be easily confused. We focus on psychiatrists, psychologists, and counsellors in this document, but there are other mental health professionals including social workers, psychiatric nurses, and other titles that are less well-defined (e.g., “psychotherapist”, which is sometimes used as a general term). In general, we recommend that you do a little research to determine if a mental health professional has the level of training and areas of expertise that are right for you. When possible, we also recommend ensuring that they are registered with a regulatory body in your province, such as the College of Physicians and Surgeons of BC (for psychiatrists) or the College of Psychologists of BC (for psychologists). At the time of writing, there is no formal regulatory body for counsellors in BC, although many counsellors are registered with the BC Association of Clinical Counsellors (BCACC), which sets certain standards for the profession.

Psychiatrists go to medical school to receive their degrees (MD), and they primarily specialize in diagnosing and prescribing medications for mental health challenges (e.g., antidepressants for anxiety or depression, stimulants for ADHD). Their ability to prescribe medication sets them apart from other mental health professionals. Some psychiatrists also provide therapy such as Cognitive Behavioural Therapy (CBT), which is the gold standard for many mental health challenges including anxiety and depression. To see a psychiatrist, you need a referral from your general practitioner (GP).

Psychologists go to graduate school to receive their degrees (PhD or PsyD) in Clinical Psychology. Psychologists in BC have the designation “R. Psych.” to indicate “Registered Psychologist”. Psychologists primarily specialize in diagnosing mental health challenges and providing therapy, including CBT, Dialectical Behaviour Therapy (DBT), Acceptance and Commitment Therapy, Mindfulness-Based Cognitive Therapy, Psychodynamic Therapy, and others. Many psychologists are trained in more than one type of therapy and can combine them to suit your needs. Although therapy usually takes place one-on-one, some psychologists also provide group therapy, family therapy, and/or couples therapy. Some psychologists are trained in specialized assessments, such as psychoeducational assessments to assess learning difficulties or neuropsychological assessments to assess cognitive difficulties (e.g., memory challenges). You do not need a GP’s referral to see a psychologist - you can contact them directly to be added to their waitlist*.

Counsellors go to graduate school to receive their degrees (Master’s or PhD) in Counselling. Counsellors in BC often have the designation “RCC” to indicate that they are registered with the BCACC. Counsellors do not diagnose mental health challenges, but they can provide therapy for a wide range of mental, emotional, and relationship difficulties, including mild-to-moderate anxiety or depression, stress, grief, difficult life transitions (e.g., career), LGBTQIA2S+ issues, and family conflict. Counsellors with more specialized training may provide support for more complex or severe challenges, as well. Some counsellors provide the kinds of therapy listed above (see **Psychologists**), whereas others use different approaches (e.g., trauma-informed therapy, narrative therapy). You do not need a GP’s referral to see a counsellor - you can contact them directly to be added to their waitlist*.

*Note that waitlists can vary widely, from about one month to over one year.

A note about coverage

UBC's Student Health and Dental Plan (Studentcare) covers \$1000-1500* per year toward mental health services (in-person or online) provided by a registered psychologist, registered clinical counsellor, or Master's-level social worker. Eligible prescription drugs are also covered up to 80% through Studentcare. All students who pay the AMS Health & Dental fees, including international students**, are automatically covered. You can submit your claims for reimbursement at the [Pacific Blue Cross website](#) using your student number and the Studentcare policy number (43979).

BC's Medical Services Plan (MSP) covers services from psychiatrists, other physicians, and hospital-based mental health teams, 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](#). The Fair PharmaCare plan can provide additional coverage for eligible prescription medications, with amount of coverage based on income. Learn more about eligibility for Fair PharmaCare [here](#).

MSP does not cover services from psychologists, counsellors, or social workers (see more about what MSP does not cover [here](#)). To obtain partial coverage, you will need to use your Studentcare coverage and/or any private healthcare insurance you have (e.g., a family member'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. Currently, the going rate for psychologists in BC is \$225/hour, and rates for counsellors in BC range from about \$140-180/hour.

Generally, you are eligible to be covered by MSP if you are a permanent resident in BC. For international students, it is best to apply for MSP as soon as you arrive in BC, and your coverage can then begin as early as three months after your arrival. If you are coming from another province in Canada, you can continue to use your old province's coverage while you wait for MSP coverage. Apply for MSP coverage [here](#).

*As of January 21, 2022, the coverage was increased from \$1000 to \$1500 for the 2021/2022 policy year. Note that this increased annual maximum is not guaranteed to carry over to future policy years, so be sure to check the information about mental health coverage [here](#).

International students **must be covered by BC's Medical Services Plan (MSP) to be eligible. Follow the steps to obtain MSP and Studentcare coverage listed [here](#). It is best to apply for MSP as soon as you arrive in BC, and your coverage can then begin as early as three months after your arrival.

A Quick Guide to Finding Mental Health Support

- If you are in urgent need of mental health support (e.g., you are having strong urges to harm yourself), call a crisis line or go directly to the emergency room at your local hospital.
 - **Crisis Centre of BC:** 1-800-784-2433
- If you are interested in taking medication for your mental health challenges, book an appointment with your general practitioner (GP). If you do not have one, you can make an appointment at [Student Health Service](#) or your local walk-in clinic. The physicians there can provide a referral to a psychiatrist and/or may be able to prescribe medications themselves based on a brief assessment.
- If you'd like to quickly access short-term counselling services or referrals, book a counselling session with [UBC Counselling Services](#), or call [Here2Talk](#) or the [UBC Student Assistance Program](#) (SAP). Each of these services can provide mental health screenings, short-term immediate support, and/or referrals to longer-term or specialized services. Here2Talk and SAP are accessible 24/7.
- If you are looking for off-campus, longer-term, and/or specialized counselling or therapy, try using one of the following directories to search for a mental health professional who meets your specific needs and preferences:
 - [BC Psychological Association directory](#): lists registered psychologists in BC
 - [Counselling BC directory](#): lists some registered psychologists and clinical counsellors in BC
 - [Psychology Today directory](#): lists a variety of mental health professionals (e.g., psychologists, counsellors, social workers)

More extensive lists of emergency, on-campus, off-campus, and telehealth resources are provided on the next several pages.

For the purposes of this document, we've classified "telehealth resources" as those that are only accessible online or over the phone. Many of the resources in the On-Campus and Off-campus sections offer both in-person and telehealth services. Both in-person and telehealth supports are also listed in the Emergency Resources section.

Emergency Resources

The following services should be your first line of action in emergency or crisis situations, for example, if you or a loved one are seriously considering suicide or other forms of serious harm to oneself or others.

Name and Contact Info	Location and Hours	Services Offered	Cost	Comments
WALK-IN SERVICES				
Vancouver General Hospital Emergency Department <u>Phone:</u> 604-875-4111 OR any hospital emergency department	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 GP's office or walk-in clinic to discuss your mental health concerns is also always an option, but if you are at serious risk of harm, going to an emergency room or calling 9-1-1 is the best choice
UBC Hospital Urgent Care Centre <u>Phone:</u> 604-822-7121	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 Service: care and services (e.g., forensic sample collection) for anyone ages 13+ who has been sexually assaulted in the past 7 days 	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 (604-822-2222)
Vancouver Access & Assessment Centre <u>Phone:</u> 604-675-3700 (line open 7:30am-10pm)	Vancouver General Hospital 803 West 12 th Avenue Level 1 East entrance Vancouver, BC V5Z 1N1 Every day 7:30am-9:30pm	<ul style="list-style-type: none"> Assessments, referrals, crisis management, and follow-up for a variety of mental health and substance use challenges Supports also provided for patients' family members Services provided both in-person and over the phone 	Free	<ul style="list-style-type: none"> If mental health concerns are imminently life-threatening, visit an emergency room instead Clinical team includes registered psychiatric nurses, social workers, and psychiatrists

Name and Contact Info	Location and Hours	Services Offered	Cost	Comments
<p>Suicide Attempt Follow-up, Education & Research (SAFER) Counselling Services</p> <p>Phone: 604-675-3985</p>	<p>1669 East Broadway Third floor Vancouver, BC V5N 1V9</p> <p>Monday to Friday 8:30am-4:30pm</p>	<ul style="list-style-type: none"> Short-term counselling for individuals contemplating suicide, concerned loved ones, and those who have lost loved ones to suicide 	Free	<ul style="list-style-type: none"> You can also connect with SAFER by calling the Access & Assessment Centre (details above) Check out the SAFER brochure, <i>Are you Concerned About Someone Who is Feeling Suicidal?</i> here
CRISIS LINES & ONLINE CHAT SERVICES				
<p>Crisis Centre of BC</p> <p><u>CRISIS LINES:</u> 1-800-784-2433 1-866-661-3311 (toll-free)</p> <p><u>ONLINE CHAT SERVICES:</u> <u>Adults:</u> https://crisiscentrechat.ca <u>Youth (25 and younger):</u> https://youthinbc.com</p>	<p><u>Crisis lines:</u> Available 24/7</p> <p><u>Online chat services:</u> Available 12pm-1am</p>	<ul style="list-style-type: none"> Call crisis line if you or a loved one is seriously considering suicide Use online chat(s) for both mental health crises and other mental health concerns Crisis line volunteers can provide emotional support and information about appropriate referrals 	Free	<ul style="list-style-type: none"> If you or a loved one is at imminent risk of suicide, call 9-1-1 or go to your nearest emergency room Youth chat service can be used to discuss concerns related to bullying, abuse/assault, substance use, disordered eating, self-harm, LGBTQIA2S+ issues, and sexual health Available in over 140 languages
<p>Crisis Services Canada</p> <p><u>Call:</u> 1-833-456-4566 <u>Text:</u> 45645</p>	<p><u>Phone:</u> Available 24/7</p> <p><u>Text:</u> Available 1pm-9pm PST</p>	<ul style="list-style-type: none"> Crisis line to call or text if you or a loved one is seriously considering suicide 	Free	<ul style="list-style-type: none"> If you or a loved one is at imminent risk of suicide, call 9-1-1 or go to your nearest emergency room
<p>VictimLinkBC</p> <p>Phone: 1-800-563-0808 (call or text) <u>TTY for hard-of-hearing:</u> <u>Call:</u> 604-875-0885 <u>Text:</u> 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 	Free	<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 You are encouraged to call even if you are unsure if you are a victim of crime or violence

Name and Contact Info	Location and Hours	Services Offered	Cost	Comments
VictimLinkBC (continued) <u>Email:</u> VictimLinkBC@bc211.ca		<ul style="list-style-type: none"> • 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 legislation, safety planning, housing options, counselling resources, and more 		<ul style="list-style-type: none"> • Available in 150 languages, including many Indigenous languages
Battered Women's Support Services <u>Phone:</u> 1-855-687-1868 (toll-free) <u>Call:</u> 604-687-1867 <u>Text:</u> 604-652-1867 <u>Email:</u> intake@bwss.org	Commercial Drive 1424 Commercial Drive Vancouver, BC V5L 5G2 Crisis line available 24/7 Contact for counselling hours	<ul style="list-style-type: none"> • Support and advocacy for women who have experienced domestic violence or other forms of physical, sexual, or emotional abuse • Services include a crisis and intake telephone line, counselling, support groups, legal services, help finding employment, and more 	Free or low-cost	<ul style="list-style-type: none"> • If you are at imminent risk of being harmed, call 9-1-1 • If you are unable to talk, a trusted loved one can call the crisis line on your behalf • BWSS also runs a second-hand clothing store (My Sister's Closet), the proceeds of which help fund domestic violence prevention and intervention services
Trans Lifeline (for trans individuals) <u>Phone:</u> 1-877-330-6366	Available 24/7	<ul style="list-style-type: none"> • Trans-led organization providing trans peer support and connecting trans individuals to support and resources • Crisis line operated by trans/non-binary peers 	Free	<ul style="list-style-type: none"> • Callers encouraged to keep trying if they don't get through right away • Friends, family members, and partners can request the Family & Friends Line for guidance on supporting their trans loved one

Name and Contact Info	Location and Hours	Services Offered	Cost	Comments
<p>Hope for Wellness Help Line (for Indigenous peoples across Canada)</p> <p><u>Phone:</u> 1-855-242-3310</p> <p><u>Chat:</u> www.hopeforwellness.ca</p>	<p>Available 24/7</p>	<ul style="list-style-type: none"> • Offers counselling and crisis support to all Indigenous peoples across Canada • Culturally competent counsellors can provide help with strong emotions, painful memories, and distress 	<p>Free</p>	<ul style="list-style-type: none"> • Counselling services in English, French, Cree, Ojibway, Inuktitut
<p>Kuu-Us Crisis Line Society (for Indigenous peoples across BC)</p> <p><u>Toll-free:</u> 1-800-588-8717</p> <p><u>Adults/elders:</u> 1-250-723-4050</p> <p><u>Youth:</u> 1-250-723-2040</p> <p><u>Métis:</u> 1-833-638-4722</p> <p><u>General info line:</u> 1-250-723-2323</p>	<p>Available 24/7</p> <p>Online chat services available at certain times of day (check website)</p>	<ul style="list-style-type: none"> • Provide suicide risk assessment, safety planning, and crisis support • Help with connecting to family, social services, housing, and employment 	<p>Free</p>	<ul style="list-style-type: none"> • Described as “First Nations and Aboriginal peoples helping First Nations and Aboriginal peoples”

On-Campus Resources

The following services are only open during select daytime hours. If you need assistance after hours, refer to the Emergency Services or Telephone & Online Resources section as appropriate.

Name and Contact Info	Location and Hours	Services Offered	Cost	Comments
<p>Student Health Services</p> <p><u>Phone:</u> 604-822-7011</p> <p><u>Email:</u> student.health@ubc.ca</p> <p><u>Book a virtual appointment</u> HERE</p>	<p>UBC Hospital Koerner Pavilion 2211 Wesbrook Mall Room M334 Vancouver, BC V6T 2A1</p> <p>Most weekdays 8am-4pm</p>	<ul style="list-style-type: none"> Staffed by physicians at UBC Hospital Can provide referrals to specialists (e.g., psychiatrists) and write or refill prescriptions if appropriate 	<p>Free for UBC students</p> <p>Some fees apply for specific tests, procedures, forms, and for students without health insurance</p>	<ul style="list-style-type: none"> Good resource if you do not have a local GP or family physician
<p>UBC Counselling Services</p> <p><u>Phone:</u> 604-822-3811</p>	<p>Brock Hall 1874 East Mall Room 1040 Vancouver, BC V6T 1Z1</p> <p>Monday to Friday 8:30am-4:30pm</p> <p>(Check website for specific hours)</p>	<ul style="list-style-type: none"> Drop-in counselling (same-day, single sessions) Short-term individual counselling Group counselling programs and support groups (current groups listed here) Counselling for Indigenous students 	<p>Free</p>	<ul style="list-style-type: none"> An initial Wellness Advising appointment (20-30 min) with a registered clinical counsellor can help to assess your needs and connect you to appropriate supports Individual counselling is short-term; those in need of longer-term or specialized services are referred to community resources

Name and Contact Info	Location and Hours	Services Offered	Cost	Comments
<p>UBC Psychology Clinic</p> <p><u>Phone:</u> 604-822-3005</p> <p><u>Email:</u> clinic@psych.ubc.ca</p>	<p>Douglas Kenny Building 2136 West Mall Vancouver, BC V6T 1Z4</p> <p>Monday to Friday 8:30am-4:30pm</p>	<ul style="list-style-type: none"> • Psychological services offered by student therapists (Clinical Psychology graduate students, supervised by registered psychologists) • Assess and treat anxiety disorders, depression, obsessive-compulsive disorder, perfectionism, and relationship difficulties (see list here) 	<p>\$15-\$50/ hour for individual therapy, \$10-\$50/ hour for group therapy (depending on income)</p>	<ul style="list-style-type: none"> • Available to all graduate students except those in the Psychology department (to avoid receiving therapy from a friend or acquaintance) • Clinic services are typically not offered in summer, with the exception of some specialty treatment groups (e.g., CBT for obsessive-compulsive disorder)
<p>UBC Wellness Centre</p> <p><u>Phone:</u> 604-822-8450</p> <p><u>Email:</u> wellness.centre@ubc.ca</p> <p><u>Submit a question online</u> HERE</p>	<p>Wellness Centre UBC Life Building 6138 Student Union Blvd, Room 1400 Vancouver, BC V6T 1Z1</p> <p>Tuesday to Thursday 11am-3pm</p> <p>Online drop-ins at their Zoom room during the above hours</p>	<ul style="list-style-type: none"> • Drop-in centre (online & in-person) run by Wellness Peers (trained undergraduate and graduate students) • IBPOC Wellness Mentors support the specific well-being needs of IBPOC students (Indigenous, Black, or Persons of Colour) • Host wellness-related workshops and events • Offer tips on wellness issues (e.g., healthy eating, stress, sleep, safe sex) • Houses the UBC Student Recovery Community for students who wish to pursue recovery from substance use or other addictive behaviours • Nurses are sometimes present to answer medical or health-related questions 	<p>Free for students</p>	<ul style="list-style-type: none"> • The Wellness Centre offers a Canvas course on wellness-related topics including time management, sexual health, and mental health literacy • The Wellness Centre shop sells products related to sexual health

Name and Contact Info	Location and Hours	Services Offered	Cost	Comments
<p>Peer Support</p> <p><u>Email:</u> peersupport@ams.ubc.ca</p> <p><u>Book a virtual appointment</u> HERE</p>	<p>Sessions currently taking place virtually</p> <p>Check the Calendly calendar for peer hours</p>	<ul style="list-style-type: none"> • Confidential, one-on-one peer support for a wide variety of challenges • Free educational workshops on mental health and harm reduction for UBC student groups and community members (e.g., Beating Burnout, Naloxone Training, Strategies for Online School) 	Free	<ul style="list-style-type: none"> • Typically closed during the summer, winter break, and other holidays
<p>AMS Sexual Assault Support Centre (SASC)</p> <p><u>Phone:</u> 604-827-5180</p> <p><u>Email:</u> sasc@ams.ubc.ca</p>	<p>AMS Nest 6133 University Blvd Room 3130 Vancouver, BC V6T 1Z1</p> <p>Monday to Friday 8am-10pm</p> <p>Weekends & holidays 11am-7pm</p>	<ul style="list-style-type: none"> • Crisis and emotional support to people of all identities who have experienced sexual assault, gender-based violence, and/or intimate partner violence • Referrals to other services • Education and workshops (e.g., Responding to Disclosures, Consent, Bystander Intervention) • Support Workers can provide advocacy and accompany you to appointments/meetings 	Free	<ul style="list-style-type: none"> • Primarily provide support to UBC community members, but you are not required to be a registered student, staff, or faculty member to access their services • Also provide support to loved ones of those who have experienced sexual violence
<p>Centre for Accessibility</p> <p><u>Phone:</u> 604-822-5844</p> <p><u>Email:</u> info.accessibility@ubc.ca</p>	<p>Brock Hall 1874 East Mall Room 1203 Vancouver, BC V6T 1Z1</p> <p>Monday to Friday 8:30am-4:30pm (Check website for specific hours)</p>	<ul style="list-style-type: none"> • Support for individuals with disabilities and ongoing medical or mental health conditions • Help promote inclusive environments and remove barriers to access • Academic and exam accommodations 	Free	<ul style="list-style-type: none"> • Book a same-day 15-minute appointment by calling the phone line during drop-in advising hours: Monday to Thursday 10am-4pm, Friday 10am-1pm

Off-Campus Resources

This section primarily lists counselling and psychology clinics in Greater Vancouver. As always, this is not an exhaustive list, and you can find numerous other clinics that may be better suited to your specific needs by doing an internet search. Also, some of the clinics listed here may be able to refer you to more appropriate services. Many of the clinics provide reduced-rate services on a sliding scale, depending on income.

Both registered clinical counsellors and psychologists provide various forms of therapy, and psychologists also diagnose mental health challenges. Neither counsellors nor psychologists prescribe medication. If you feel you would benefit from medication, discuss this with your GP and they can refer you to a psychiatrist if appropriate. A reminder that counselling clinics generally do not diagnose mental health challenges or prescribe medication. See [“What is the difference between psychiatrists, psychologists, and counsellors?”](#) on page 1 for more info.

Name and Contact Info	Location and Hours	Services Offered	Cost	Comments
“FIND A THERAPIST” DIRECTORIES				
A good first resource!				
CounsellingBC.com Directory	Online directory Location and hours depend on the psychologist or counsellor; many provide telehealth services	<ul style="list-style-type: none"> Listings for registered clinical psychologists and counsellors who work in specific areas of Greater Vancouver and BC You can filter by types of therapy, specific concerns, and languages spoken 	Free to use the website Psychologist/ counsellor rates vary	<ul style="list-style-type: none"> This directory will not include every possible counsellor or psychologist in your area, but just those who have created a CounsellingBC profile. Still, there are lots of profiles to explore!
BC Psychological Association Directory	Online directory Location and hours depend on the psychologist; many provide telehealth services	<ul style="list-style-type: none"> Search through hundreds of psychologists registered with the BC Psychological Association according to your preferences (e.g., type of therapy, experience, availability) Yields a list of psychologists with extensive information and links to their personal or practice websites 	Free to use the website Psychologist rates likely in the \$200-225 range	<ul style="list-style-type: none"> This directory does not include every registered psychologist in BC, but just those who have created a BC Psychological Association profile. Still, there are lots of profiles to explore!

Name and Contact Info	Location and Hours	Services Offered	Cost	Comments
<p>Psychology Today Directory</p>	<p>Online directory</p> <p>Location and hours depend on the therapist; many provide telehealth services</p>	<ul style="list-style-type: none"> Listings for various mental health professionals (e.g., psychologists, counsellors, social workers) that can be filtered by preferences including demographics, types of therapy, and specific concerns 	<p>Free to use the website</p> <p>Therapist rates vary</p>	<ul style="list-style-type: none"> This directory will not include every possible therapist in your area, but just those who have created a Psychology Today profile. Still, there are lots of profiles to explore!
COUNSELLING CLINICS				
<p>Jericho Counselling</p> <p><u>Phone:</u> 604-537-4246</p> <p><u>Email:</u> Use contact form on website HERE</p>	<p>West Broadway 1004-750 West Broadway Vancouver, BC V5Z 1H9</p> <p>Downtown Vancouver 714-744 West Hastings St Vancouver, BC V6C 1A5</p> <p>Open Monday-Saturday (Contact for hours)</p> <p>Telehealth services available</p>	<ul style="list-style-type: none"> Individual and couples counselling provided by individuals with Master's and PhD degrees in counselling psychology and related fields Counselling for difficulties including anxiety, depression, trauma, anger management, substance use, disordered eating, and LGBTQIA2S+ related matters 	<p>\$80-150 per hour for individuals, depending on whether you see an intern or registered counsellor</p> <p>Contact to inquire about sliding scale</p>	<ul style="list-style-type: none"> General counselling (e.g., they do not diagnose mental illnesses) Contact for a complimentary consultation
<p>Dragonstone Counselling</p> <p><u>Phone:</u> 604-738-7557</p> <p><u>Email:</u> dragonstone.counselling@gmail.com</p>	<p>Riley Park 203-4676 Main Street Vancouver, BC V5V 3R7</p> <p>Contact for hours</p> <p>Telehealth services available</p>	<ul style="list-style-type: none"> Individual, family, and couples counselling provided by individuals with Master's degrees in counselling psychology Counselling for difficulties including anxiety, trauma, depression, grief, identity, and relationship challenges 	<p>\$120-165 per hour for individuals</p> <p>Contact to inquire about sliding scale program</p>	<ul style="list-style-type: none"> General counselling with a focus on providing a safe space for those who face oppression, including the LGBTQIA2S+ community Some counsellors also specialize in working with individuals on the autism spectrum

Name and Contact Info	Location and Hours	Services Offered	Cost	Comments
<p>Family Services of Greater Vancouver</p> <p><u>Phone:</u> 604-731-4951</p> <p><u>Email:</u> contactus@fsgv.ca</p>	<p>Vancouver head office 201-1638 East Broadway Vancouver, BC V5N 1W1</p> <p>Fraser Street 4103 Fraser Street Vancouver, BC V5V 4E9 604-875-6277</p> <p>Richmond 250-7000 Minoru Blvd Richmond, BC V6Y 3Z5 604-279-7100</p> <p>New Westminister 301-321 Sixth Street New Westminister, BC V3L 3A7 604-525-9144</p> <p>Contact for hours</p>	<ul style="list-style-type: none"> • Trained counsellors with graduate degrees in counselling psychology and clinical social work • Counselling primarily for trauma-related difficulties (e.g., domestic violence, physical or sexual abuse) • Also provide family counselling and youth counselling programs • See more about the programs offered here 	<p>Sliding scale and some no-cost services, but may require a referral from a social worker</p>	<ul style="list-style-type: none"> • Services for individual adults are primarily trauma-focused • Provide services in multiple languages

Name and Contact Info	Location and Hours	Services Offered	Cost	Comments
CLINICAL PSYCHOLOGY PRIVATE PRACTICES				
<p>Changeways Clinic</p> <p><u>Phone:</u> 604-871-0490</p> <p><u>Email:</u> clientservices@changeways.com</p>	<p>Fairview 718-2525 Willow Street Vancouver, BC V5Z 3N8</p> <p>Weekdays 9am-5pm; specific psychologists' hours vary</p> <p>Telehealth services available</p>	<ul style="list-style-type: none"> • Assessment and treatment of a wide range of mental health challenges including anxiety and mood disorders, grief, stress, sleep challenges, gender identity-related concerns, and more • Each psychologist has areas of special interest and expertise; learn more in their bios here • Psychologists here primarily provide Cognitive-Behavioural Therapy (CBT), integrated with other forms of therapy as appropriate 	<p>Contact to inquire</p> <p>Likely similar to the current going rate for psychological services in BC (\$200-225/hour)</p>	<ul style="list-style-type: none"> • They often have at least one graduate-level practicum student who would be able to provide lower-cost services (<i>but make sure they aren't someone you know from the UBC Psychology department!</i>)
<p>North Shore Stress & Anxiety Clinic</p> <p><u>Phone:</u> 604-985-3939</p> <p><u>Email:</u> nssac.reception@gmail.com</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> <p>Telehealth services available</p>	<ul style="list-style-type: none"> • Assessment and treatment of a wide range of mental health challenges including anxiety and mood disorders, grief, stress, sleep challenges, relationship problems, and more • Each psychologist has areas of special interest and expertise; learn more in their bios here • Psychologists here offer various forms of treatment including CBT, Interpersonal Therapy (IPT), and mindfulness-based therapy 	<p>Contact to inquire</p> <p>Likely similar to the current going rate for psychological services in BC (\$200-225/hour)</p>	<ul style="list-style-type: none"> • They may have at least one graduate-level practicum student who would be able to provide lower-cost services (<i>but make sure they aren't someone you know from the UBC Psychology department!</i>) • They also provide services for children/teens, couples, and families • Psychoeducational and neuropsychological assessments are also available (e.g., to assess for learning difficulties or ADHD)

Name and Contact Info	Location and Hours	Services Offered	Cost	Comments
<p>DBT Centre of Vancouver</p> <p>Phone: 604-569-1156</p> <p>Email: info@dbtvancouver.com</p>	<p>Downtown 1040-1200 Burrard Street Vancouver, BC V6Z 2C7</p> <p>Weekdays 9am-5pm; specific psychologists' hours vary</p> <p>Skills groups offered in evenings</p> <p>Telehealth services available</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, substance use, disordered eating) – see more on their website here Psychologists here primarily offer Dialectical Behaviour Therapy (DBT), a variant of CBT for more complex emotional problems. They also integrate other forms of therapy as appropriate 	<p>Contact to inquire</p> <p>Likely similar to the current going rate for psychological services in BC (\$200-225/hour)</p>	<ul style="list-style-type: none"> They often have at least one graduate-level practicum student who would be able to provide lower-cost services (<i>but make sure they aren't someone you know from the UBC Psychology department!</i>)
<p>ABLE Developmental Clinic</p> <p>Each location has its own phone number, email, and hours</p> <p>Telehealth services available</p>	<p>West Vancouver 110-585 16th Street West Vancouver, BC V7V 3R8 604-922-3450 westvan@ableclinic.ca</p> <p>Richmond 3688 Cessna Drive Richmond, BC V7B 1C7 604-207-1984 richmond@ableclinic.ca</p> <p>Surrey 12-15243 91st Avenue Surrey, BC V3R 9K2 604-584-3450 surrey@ableclinic.ca</p>	<ul style="list-style-type: none"> Assessment, treatment, and consultation for youth and young adults with neurodevelopmental challenges (e.g., learning difficulties, ADHD, autism spectrum disorder) in addition to anxiety, depression, OCD, tics, and more Approaches to treatment include CBT & other behavioural therapies, acceptance & commitment therapy, mindfulness-based therapy, and family systems approaches 	<p>Contact to inquire</p> <p>Likely similar to the current going rate for psychological services in BC (\$200-225/hour)</p>	<ul style="list-style-type: none"> Clinicians who work here also include registered clinical counsellors, behavioural consultants, speech-language pathologists, and pediatricians

Name and Contact Info	Location and Hours	Services Offered	Cost	Comments
<p>Vancouver Couple & Family Institute</p> <p><u>Phone:</u> 604-677-3286 ext. 500</p> <p><u>Email:</u> info@vcfi.ca</p>	<p>Fairview 270-828 West 8th Ave Vancouver, BC V5Z 1E2</p> <p>Specific clinicians' hours vary</p> <p>Telehealth services available</p>	<ul style="list-style-type: none"> • Therapy for relationship difficulties (e.g., communication) in addition to anxiety, depression, trauma, disordered eating, and more • Individual, couples, and family therapy are offered • Psychologists here primarily offer Emotionally Focused Therapy (EFT), integrated with other approaches including CBT and Interpersonal Therapy. Read about EFT here 	<p>Contact to inquire</p>	<ul style="list-style-type: none"> • Clinicians who work here also include registered clinical counsellors
<p>West Coast Centre for Sex Therapy</p> <p><u>Phone:</u> 604-734-1511</p> <p><u>Email:</u> info@westcoastsextherapy.com</p>	<p>South Granville 302-2695 Granville Street Vancouver, BC V6H 3H4</p> <p>Specific psychologists' hours vary</p> <p>Telehealth services available</p>	<ul style="list-style-type: none"> • Assessment and treatment of concerns related to sex (e.g., low sexual desire, difficulties with erection or orgasm, sexual pain, sexual trauma, out-of-control sexual behaviours), sexual interests, gender identity, and relationship challenges • Both individual and couples therapy are offered • Psychologists here practice from a range of orientations including CBT, DBT, and mindfulness-based therapy 	<p>\$120-225 per hour, depending on the clinician's level of training/designation</p>	<ul style="list-style-type: none"> • Clinicians who work here also include registered clinical counsellors • Clinicians who work here also provide support for non-sex-related challenges, including depression, anxiety, OCD, substance use, and more

Name and Contact Info	Location and Hours	Services Offered	Cost	Comments
<p>Cornerstone Child & Family Psychology Clinic</p> <p><u>Phone:</u> 604-808-5559</p> <p><u>Email:</u> info@cornerstonepsychology.ca</p> <p>Contact form also available HERE</p>	<p>South Granville 212-3195 Granville Street Vancouver, BC V6H 3K2</p> <p>Specific psychologists' hours vary</p> <p>Telehealth services available</p>	<ul style="list-style-type: none"> Assessment and treatment of anxiety disorders, mood disorders, obsessive-compulsive related disorders, behavioural challenges, and more in children and youth, including by working directly with parents 	<p>\$215-240 per hour, depending on the clinician's level or stage of training</p>	<ul style="list-style-type: none"> Services are primarily intended for children/adolescents and parents, but at least one psychologist also works with adult clients Psychological and neuropsychological assessments are also available (e.g., to assess for learning difficulties or ADHD)
YOUTH MENTAL HEALTH, ADDICTION, & SEXUAL HEALTH SUPPORTS				
<p>Foundry (for youth ages 12-24)</p> <p><u>Phone:</u> 1-833-308-6379</p> <p><u>Email:</u> info@foundrybc.ca</p> <p>Location-specific phone numbers and emails can be found HERE</p>	<p>Multiple locations including:</p> <ul style="list-style-type: none"> 1260 Granville Street, Vancouver 211 West 1st St, North Vancouver 115-8100 Granville Ave, Richmond 101-32555 Simon Ave, Abbotsford <p>Drop-in virtual counselling available Tuesday to Thursday 2-6pm</p> <p>Bookable virtual appointments available daily from 1-9pm</p>	<ul style="list-style-type: none"> Offer a range of services including counselling, peer support, educational resources, employment support primary care, & sexual health services The Foundry BC App can also be used to schedule virtual counselling appointments, access other services & supports, and access Foundry's library of resources & coping tools 	<p>Free</p>	<ul style="list-style-type: none"> No referral needed Website provides information on a variety of mental health challenges (e.g., anxiety, depression, substance use, body image/eating, psychosis) plus self-checks and recommended coping skills

Name and Contact Info	Location and Hours	Services Offered	Cost	Comments
<p>Vancouver Recovery Club</p> <p><u>Phone:</u> 604-708-9955</p> <p><u>Email:</u> info@vancouverrecoveryclub.com</p>	<p>Main & Broadway 2775 Sophia Street Vancouver, BC V5T 3L1</p> <p>24-hour drop-in and referral centre</p> <p>Counselling Mondays 4-8pm</p>	<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 	<p>Drop-in and referral services are free</p> <p>Contact to inquire about any other costs</p>	<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
<p>Burnaby Family Life</p> <p><u>Phone:</u> 604-659-2205 604-659-2217 (counselling inquiries)</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 Westminster</p> <p>Contact for hours at desired location</p>	<ul style="list-style-type: none"> • Education programs, support groups, and counselling services for women, children/teens, and families, particularly those who have experienced domestic violence and/or physical, sexual, or emotional abuse 	<p>Individual counselling is free</p> <p>Group counselling is by donation</p>	<ul style="list-style-type: none"> • Various forms of therapy including art therapy • Childcare services also offered
<p>Vancouver Opt Clinic</p> <p><u>Phone:</u> 604-731-4252 or 1-800-739-7367</p> <p><u>Email:</u> info@optbc.org</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>South Hill 202-1193 Kingsway Vancouver, BC V5V 3C9</p>	<ul style="list-style-type: none"> • A variety of sexual health services including general sexual health education, birth control counselling, low-cost contraceptives, pap testing, STI testing, pregnancy testing and options counselling, and referrals • See full list of services here 	<p>Free or low-cost</p>	<ul style="list-style-type: none"> • Other clinic locations across BC can be found here

Telehealth Resources

The following are online and telephone-based mental health resources, all of which are accessible 24 hours a day, every day. Most are also free. As with other sections of this document, the list is not exhaustive but provides some options as a starting point. Please note that, although most online services do make efforts to protect your privacy and confidentiality, there are more risks to sharing your personal information over online platforms. We recommend reviewing a website or app's Privacy Policies where relevant.

Name and Basic Info	Services Offered	Cost	Comments
INFORMATIONAL RESOURCES			
<p>HealthLinkBC</p> <p>Phone: 8-1-1 (toll free) TTY: 7-1-1 <u>Video relay services (sign language): 604-215-5101</u></p>	<ul style="list-style-type: none"> 24/7 health advice: call and get connected with registered nurses, dietitians, exercise professionals, and pharmacists Website has a variety of health-related information, including about mental health & substance use and how to find support for these challenges 	Free	<ul style="list-style-type: none"> Translation services available in more than 130 languages
<p>Anxiety Canada</p>	<ul style="list-style-type: none"> Website offering information and self-help resources for individuals 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"> Anxiety Canada also holds online therapy groups for mild-to-moderate anxiety - learn more here
<p>Kelty Mental Health Resource Centre</p>	<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., descriptions of different therapies) Online content is available in different languages

Name and Basic Info	Services Offered	Cost	Comments
TELEPHONE COUNSELLING			
<p>UBC Student Assistance Program</p> <p>Phone: 1-833-590-1328</p>	<ul style="list-style-type: none"> ● Short-term counselling and referrals ● For concerns related to school stress, relationship problems, financial concerns, or general physical/emotional well-being ● An intake counsellor will provide in-the-moment support and/or refer you to other resources (e.g., another mental health professional who will contact you within a few days) 	<p>Free for UBC students</p>	<ul style="list-style-type: none"> ● Choice of phone or video call ● Available in multiple languages ● You can also use the Aspiria - SAP app to chat with a counsellor, request a counselling referral, or browse self-help resources ● Create an account on the website using access code ubcvc to explore resources, complete self-assessments, and attend webinars ● Submit an online request to connect with a counsellor here
<p>Here2Talk</p> <p>Phone: 604-642-5212 1-877-857-3397 (toll-free)</p>	<ul style="list-style-type: none"> ● Short-term counselling, crisis intervention, and referrals ● Caters to university or college students (including graduate students) ● For concerns related to school stress, relationship problems, or general physical/emotional well-being ● An intake representative will complete a needs assessment and then transfer you to a counsellor, who will provide a single session of support 	<p>Free for students currently registered at a BC post-secondary institution</p>	<ul style="list-style-type: none"> ● Available in multiple languages ● You can also use the Here2Talk App to access counsellors and resources ● Counsellors must have a Master's degree at minimum, complete one month of intensive training and background checks, and belong to an accredited professional association: see the FAQ for more ● The Family Support Services team (available Monday to Friday, 5am-5pm PST) can provide community referrals related to mental health, housing, domestic violence, family or legal concerns, and more

Name and Basic Info	Services Offered	Cost	Comments
<p>MENTAL HEALTH APPS & SELF-GUIDED ONLINE THERAPY Besides the apps listed below, the Anxiety and Depression Association of America has also listed some mental health apps they've reviewed. You can find other apps that might better suit your needs by doing an internet search.</p>			
<p>Kelty's Key</p>	<ul style="list-style-type: none"> • Courses can be completed on your own (self-help) or guided by a therapist (guided) • Self-help programs include anxiety, depression, grief, chronic pain, insomnia, and substance use problems • Guided help involves emailing with a designated online therapist, who you can contact at any time and who will reply to you within one week 	<p>Free</p>	<ul style="list-style-type: none"> • Provided by Vancouver Coastal Health • Courses created by experts in Cognitive-Behavioural Therapy • Website does not store your personal information • Note that Kelty's Key online therapists have limited capacity, so there can be a wait for availability • If you complete a self-help program, it is still recommended to share/review your worksheets with a trusted health care professional
<p>This Way Up</p>	<ul style="list-style-type: none"> • Online courses to help you understand and work through challenges with stress, insomnia, worry, anxiety, depression, chronic pain, and more • Includes action plans to accompany each lesson, reminder emails/texts, and questionnaires to help you track your progress • The website also includes helpful educational information about various psychological difficulties 	<ul style="list-style-type: none"> • Wellbeing programs (Student Wellbeing, Stress Management, Insomnia, & Mindfulness) are free • All other programs cost \$59 AUD • Free COVID support tools and resources 	<ul style="list-style-type: none"> • Cognitive-Behavioural Therapy programs created by clinical psychologists • Based in Australia, but available to users/clinicians worldwide • Each course available to access for 90 days • Free courses are completely anonymous • Paid courses can be supervised by your clinician (e.g., GP or psychologist) who will give you feedback throughout your completion of the course • Paid courses can be accessed for free with a prescription from your clinician (you can download the "clinician letter" from the website)

Name and Basic Info	Services Offered	Cost	Comments
<p>Woebot Health</p> <p>Available in your smartphone app store</p>	<ul style="list-style-type: none"> • An instant messaging-based chatbot who will check in with you daily and help you work through difficulties with your mood and anxiety (e.g., by recommending strategies to try) • Services are rooted in Cognitive-Behavioural Therapy, Dialectical Behavioural Therapy, and Interpersonal Therapy • Interactive and includes a variety of tools, including educational videos and graphs of your mood over time 	Free	<ul style="list-style-type: none"> • Woebot was originally developed for university students, including grad students, but current users range from teens to older adults • Since it is instant messaging-based, Woebot replies immediately!
<p>MindShift CBT</p> <p>Available in your smartphone app store</p>	<ul style="list-style-type: none"> • Anxiety management app by Anxiety Canada, grounded in Cognitive- Behavioural Therapy • Appropriate for people of all ages who are struggling with worry, social anxiety, phobias, panic, or perfectionism • Provides concrete strategies for relaxation, rethinking your situation, and facing your fears 	Free	<ul style="list-style-type: none"> • Recommended/supported by UBC, SFU, and the Mayo Clinic • Also includes tools for goal-setting and monitoring your symptoms • The “community forum” feature enables you to find and offer peer-to-peer support • You can also check out MindShift CBT groups (an 8-session online group therapy program for anxiety)
<p>Headspace</p> <p>Available in your smartphone app store</p>	<ul style="list-style-type: none"> • Mindfulness meditation app offering meditations of varying lengths (3-20 min) for a wide variety of concerns/goals (e.g., mood, stress, productivity, sleep, relationships, grief, navigating injustice) 	<ul style="list-style-type: none"> • First 14 days free with annual plan (\$90 CAD/year) • First 7 days free with monthly plan (\$18 CAD/year) 	<ul style="list-style-type: none"> • Includes both meditation courses and one-off meditations for acute needs (e.g., when you are feeling panicked) • Additional features include mindful movement classes, music to help you focus, and “Sleepcasts” (stories told in soothing voices to help you drift to sleep)

Name and Basic Info	Services Offered	Cost	Comments
<p>Calm</p> <p>Available in your smartphone app store</p>	<ul style="list-style-type: none"> Mindfulness meditation app with tools to help reduce stress, improve focus, improve sleep quality, and more 	<ul style="list-style-type: none"> Basic features are free, but you need a premium account (\$77 CAD/year) to access all features Amazon Prime Student members get a 3-month free trial and discounted subscription (accurate as of May 2022) 	<ul style="list-style-type: none"> Additional features include “Calm Masterclasses” with mindfulness experts, Sleep Stories to help you fall asleep, gentle stretching classes, and music & nature sounds for focus, relaxation, and sleep

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. Everyone is different – find something that works for you! And, don't forget, rest is crucial too!

Activity	Ideas & Examples	Comments
SLEEP	<p>Practice good sleep hygiene to help you fall asleep, stay asleep, and have better quality sleep. Some tips include:</p> <ul style="list-style-type: none"> ● Going to bed and waking up at consistent times ● Developing a bedtime routine you look forward to ● Avoiding screens, caffeine, and alcohol before bed ● Avoiding hanging out in bed during the day 	<ul style="list-style-type: none"> ● If you already practice good sleep hygiene and consistently get poor-quality sleep, speak to your GP and/or mental health professional ● You can also seek a sleep assessment at UBC Hospital's Sleep Disorders Program (physician referral needed)
NUTRITION	<p>Believe it or not, your eating habits have an impact on your mental well-being! It's important to make sure that you are eating enough food every day, eating a balanced and nutritious diet, and staying hydrated.</p>	<ul style="list-style-type: none"> ● Everyone is different; consult with your GP (or registered dietitian) about the foods and eating habits that are best for you ● If you have a history of disordered eating (food restriction, bingeing, or purging), mental health professionals can also be helpful to consult
SOCIALIZING	<p>Connecting with friends and family is very important for overall well-being. Be intentional about planning time with friends, even if it's just for a quick coffee or study date. Phone calls can also make great work breaks!</p>	<ul style="list-style-type: none"> ● Many of the active & recreational activities below can also double as social activities!
PHYSICAL ACTIVITY	<p>The research is clear - physical activity does wonders for both physical and mental well-being.</p> <p>ON-CAMPUS UBC Recreation:</p> <ul style="list-style-type: none"> ● BirdCoop Fitness Centre and ARC ● Personal training ● Aquatics ● Ice skating ● Drop-in classes (e.g., dance, martial arts, yoga) ● Sports clubs & intramural leagues 	<ul style="list-style-type: none"> ● Many free fitness videos can be found on YouTube (e.g., Yoga with Adriene, Blogilates, Fitness Marshall) ● There are also lots of fitness apps, some free (e.g., Nike Training Club, Strava) and some with subscription fees (e.g., Peloton, Obé, ClassPass)

Activity	Ideas & Examples	Comments
PHYSICAL ACTIVITY (continued)	<p>OFF-CAMPUS</p> <p>Gyms</p> <ul style="list-style-type: none"> ● Your local community centre for a lower-cost gym and/or fitness & recreational classes ● Fitness World for group fitness classes, personal training, or solo gym time <p>Intramural sports</p> <ul style="list-style-type: none"> ● Urban Rec <p>Swimming</p> <ul style="list-style-type: none"> ● Vancouver Aquatic Centre <p>Yoga</p> <ul style="list-style-type: none"> ● YYoga <p>Dance</p> <ul style="list-style-type: none"> ● Harbour Dance Centre ● iDance 	
RECREATION	<p>Making time for your hobbies, special interests, and other forms of play can also do wonders for your well-being.</p> <p>ON-CAMPUS</p> <p>Graduate Student Society</p> <ul style="list-style-type: none"> ● The GSS organizes events for graduate students including trivia nights, language classes, workshops, and outdoor activities (e.g., hiking) <p>OFF-CAMPUS</p> <p>Meetups</p> <ul style="list-style-type: none"> ● Look for groups and communities that share your interests! <p>Skillshare</p> <ul style="list-style-type: none"> ● Pick up new skills with online classes 	<ul style="list-style-type: none"> ● Other options include attending classes at your local community centre (e.g., pottery classes), picking up new skills using YouTube tutorials (e.g., DIY tutorials), and learning through educational apps (e.g., Duolingo for language-learning)

Activity	Ideas & Examples	Comments
MINDFULNESS	<p>Mindfulness meditation can improve attention and focus, reduce stress, and promote healthy coping with distressing emotions, among other potential benefits!</p> <p>ON-CAMPUS UBC Health & Wellbeing</p> <ul style="list-style-type: none"> Website that lists all mindfulness meditation opportunities in the UBC community, including drop-in meditation classes and a self-led 30-day mindfulness challenge <p>OFF-CAMPUS The following groups and centres offer a variety of meditation experiences, including online/in-person classes, courses, workshops, and retreats. Prices vary:</p> <ul style="list-style-type: none"> Lightwork Vancouver Shambhala Centre BC Insight Meditation Society Kadampa Meditation Centre 	<ul style="list-style-type: none"> Many mindfulness meditation programs/centres have roots in Buddhism, but are accessible to all regardless of religion or spirituality