

## **UBC Student Health Services**

Students enrolled at Vancouver School of Theology are welcome to access the following Student Health and Wellbeing services:

 Student Health Services – Students can receive primary and specialized care in-person or virtually. Students can access the Koerner Pavilion Student Health Service clinic, the Orchard Commons clinic, Nurse on Campus and the Recovery Community.

See more at <a href="https://students.ubc.ca/health/student-health-service">https://students.ubc.ca/health/student-health-service</a>

• Counselling Services – Students can meet with a Wellness Advisor (a certified mental health professional) who will help them identify their goals and navigate the range of support available in the community.

Students can call Counselling Services at <u>604 822 3811</u> to schedule a virtual or in-person Wellness Advising appointment, offered Monday to Friday. First-time appointments are booked for the same day and arranged on a first-come, first-served basis.

Students can also access Here2Talk, a free and confidential mental health counseling and referral service that provides immediate, 24/7 support to students in various languages and on multiple platforms. It can be accessed via phone, by downloading the Here2Talk app, or through online chat sessions at Here2talk.ca

Wellness Centre – The Wellness Centre is in the <u>UBC Life Building</u>, and is a
peer-hosted space that offers many wellbeing programs for students. They
offer workshops and presentations that students can attend and other resources
on site. See more at https://students.ubc.ca/health/wellness-centre

Note: resources like Therapy Assistance Online and Self-Directed Canvas Courses require a UBC student number and/or email and are not available to affiliated students