



THE UNIVERSITY OF BRITISH COLUMBIA

Vancouver School of Economics

# Graduate Well-Being Resources

Student Support  
UBC Vancouver Campus

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UBC has a range of supports to help students plan their academic requirements, take care of their finances, and get health and well-being support when they need it.

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## Common Resources

Name, Website	Contact Information	Services Offered
<p><b>Counselling Services</b></p> <p><a href="https://students.ubc.ca/health/counselling-services">https://students.ubc.ca/health/counselling-services</a></p> <p>Website has walk-in hours Tel: 604-822-3811</p>	<p><b>MAIN LOCATION:</b> <b>Brock Hall</b> 1874 East Mall Room 1040</p> <p><b>OTHER LOCATIONS:</b> <b>Lower Mall Research Station</b> 2259 Lower Mall Room 358</p> <p><b>First Nations Longhouse</b> 1985 West Mall</p> <p><b>Oak Street Campus</b> Children's and Women's Health Centre of BC 4500 Oak Street</p>	<p>Offered one of two appointment types:</p> <ol style="list-style-type: none"> <li>Drop-In Counselling appointment 45 minute appointments are goal-directed, focusing on strengths and identifying helpful perspectives and/or strategies.</li> <li>Wellness Advising appointment 15 – 20 minute appointments focus on assessment and wellness planning that connects you to the level of support that best meets your needs. Wellness Advisors are trained Masters-level counsellors. They'll listen to your needs and connect you with resources to help you reach your goals. This could include self-directed resources, workshops and coaching, group therapy, or individual therapy.</li> </ol> <p>*Emergency counselling, referrals and various levels of support available</p> <p>FREE for students</p>

<p><b>Empower Me</b></p> <p><a href="https://ear.powerflexweb.com/1545/login_SC.html">https://ear.powerflexweb.com/1545/login_SC.html</a></p> <p>Enter Password: "Studentcare"</p> <p>Tel: 1-844-741-6389 24/7</p>	<p>1-844-741-6389 (toll-free)</p>	<p>24-hour/7 days a week Life-Coaching</p> <p>Empower Me allows students to connect with qualified counsellors, consultants, and life coaches for a variety of issues. As an eligible student at UBC Vancouver, you're entitled to sessions delivered in person, by telephone, by video-counselling, or by e-counselling.</p> <p>You can get support for issues of any kind, including relationships, family care, depression, anxiety, addictions, stress, work conflicts, and much more. Empower Me also offers a full suite of academic life services, such as life coaching, financial planning, and nutritional counselling.</p>
<p><b>Student Health Services</b></p> <p><a href="https://students.ubc.ca/health/student-health-service">https://students.ubc.ca/health/student-health-service</a></p> <p>Tel: <u>604-822-7011</u> Most weekdays 8am-4pm</p>	<p>UBC Hospital Room M334 2211 Wesbrook Mall Vancouver, BC V6T 2A1</p> <p><a href="mailto:student.health@ubc.ca">student.health@ubc.ca</a></p>	<p>Student Health Service offers a wide range of health assessments and treatments provided by doctors, nurses, and specialists.</p> <p>Top reasons to visit Student Health Service:</p> <ul style="list-style-type: none"> <li>Sexual health &amp; birth control</li> <li>Sports medicine</li> <li>Injuries and wound care</li> <li>Mental health/ illness</li> <li>Immunization and allergy care</li> <li>Referral to see a specialist</li> </ul>

<p><b>The Wellness Centre</b></p> <p><a href="https://students.ubc.ca/health/wellness-centre">https://students.ubc.ca/health/wellness-centre</a></p> <p>Tel: 604-822-8450 Most weekdays 10am-5pm</p>	<p>1400 Life Building 6138 Student Union Blvd. Vancouver, BC V6T 1Z1</p> <p><a href="mailto:Wellness.centre@ubc.ca">Wellness.centre@ubc.ca</a></p>	<p>At the Wellness Centre, Wellness Peer Educators are trained student volunteers who can answer your questions, talk with you, and recommend resources for everyday concerns related to health, relationships, and workload.</p> <p>Graduate peers, and designated nurse hours available</p> <p>Join <u>workshops, events, and other activities</u> to develop skills and strategies for wellness</p>
<p><b>Centre for Accessibility</b></p> <p><a href="https://students.ubc.ca/about-student-services/centre-for-accessibility#about-the-centre-for-accessibility">https://students.ubc.ca/about-student-services/centre-for-accessibility#about-the-centre-for-accessibility</a></p> <p>Tel: 604-822-5844 Most weekdays 8:30am-4:30pm</p>	<p>Brock Hall 1874 East Mall Room 1203 Vancouver, BC V6T 1Z1</p> <p><a href="mailto:info.accessibility@ubc.ca">info.accessibility@ubc.ca</a></p>	<p><i>Do you have an ongoing medical condition or disability that impacts your access to campus activities?</i> <i>Did you receive academic or other disability-related accommodations at another educational institution?</i></p> <p>The Centre for Accessibility facilitates disability-related accommodations and programming initiatives designed to remove barriers for students with disabilities, anxiety, mental health and ongoing medical conditions.</p> <p>Under Policy 73</p>
<p><b>Early Alert</b></p> <p><a href="https://facultystaff.students.ubc.ca/systems-tools/early-alert">https://facultystaff.students.ubc.ca/systems-tools/early-alert</a></p>	<p>Student Services – Faculty &amp; Staff Resources 2016-1874 East Mall</p> <p><a href="mailto:early.alert@ubc.ca">early.alert@ubc.ca</a></p>	<p>Early Alert is meant to provide support to any student, undergraduate or graduate, who might need assistance because of a temporary setback or an ongoing</p>

		difficulty that puts their academic success at risk. <i><u>Students cannot refer themselves to Early Alert. Students CAN refer other students they are concerned for.</u></i>
<b>Help a Friend</b>  <a href="https://students.ubc.ca/health/crisis-support/help-friend">https://students.ubc.ca/health/crisis-support/help-friend</a>	Multiple	This is a direct link for multiple resources you can provide when wanting to help a friend who is feeling hopeless of thinking about harming themselves.
<b>AMS Food Bank</b>  Tel: 604-822-2371 Mon: 10:00am-4:00pm/Thurs: 10:00am-6:00pm	LIFE 0032 (Old SUB) Cali Schnarr – Coordinator  <a href="mailto:foodbank@ams.ubc.ca">foodbank@ams.ubc.ca</a>	Can be used up to 6 times per term
<b>Student Services – Health Insurance</b>  <a href="https://students.ubc.ca/health/health-insurance">https://students.ubc.ca/health/health-insurance</a>  <a href="tel:1-877-795-4421">Tel: 1-877-795-4421</a>	AMS/GSS Health & Dental Plan Office Room 3128, The Nest Building 6133 University Boulevard Vancouver, BC V6T 1Z1 Canada	Direct Link for all Student Health Insurance related causes. Inclusive of counselling sessions (non-UBC Counsellors and how this is covered for 6 visits).  Please also see: <a href="https://www.ubyssey.ca/news/ams-gss-raise-mental-health-coverage/">https://www.ubyssey.ca/news/ams-gss-raise-mental-health-coverage/</a>
<b>International Student Advising</b>  <a href="https://students.ubc.ca/about-student-services/international-student-advising">https://students.ubc.ca/about-student-services/international-student-advising</a>  Tel: 604-822-5021 Mon-Fri: 9:30am-4:00pm	UBC Life Building 1200-6138 Student Union Blvd. Vancouver, BC V6T 1Z1, Canada  <a href="mailto:isa@students.ubc.ca">isa@students.ubc.ca</a>	For international students to receive advising assistance & consultation, for the UBC guide for international students, and to connect to their community



## Urgent Crisis and Mental Health Support

Name, Website	Contact Information	Services Offered
<p><b>Urgent Care at UBC Hospital</b></p> <p>Tel: 604-822-7662 OR 9-1-1</p>	<p>UBC Hospital - Koerner Pavilion 2211 Wesbrook Mall Vancouver, BC V6T 2B5</p>	<p>Emergency services for those in acute crisis, and sexual assault services</p>
<p><b>VGH Access and Assessment Centre</b></p> <p><a href="https://vch.eduhealth.ca/PDFs/CD/CD.140.V44.pdf">https://vch.eduhealth.ca/PDFs/CD/CD.140.V44.pdf</a></p> <p>Tel: 604-675-3700 7 days/week 7:30 am to 11:00 pm</p>	<p>Joseph &amp; Rosalie Segal &amp; Family Health Centre 803 West 12th Avenue Vancouver, BC V5Z 1M9</p>	<p>Referral Intake: Phone and walk-in access Referrals can be self- or family-initiated, from GPs, community programs, hospital emergency departments, inpatient units, police, ambulance</p> <p>On-site assessment/treatment for: Walk-in referrals • Referrals from GPs • Crisis intervention • MHA Section 28 (non</p> <p>Telephone Services: Clinical staff provide support, stabilization, crisis management and phone follow-up</p> <p>And More</p>
<p><b>Crisis Centre BC</b></p> <p><a href="https://crisiscentre.bc.ca/">https://crisiscentre.bc.ca/</a></p> <p>Anywhere in BC 1-800-SUICIDE: <u>1-800-784-2433</u> – 24/7</p>	<p>Anywhere in BC 1-800-SUICIDE: <u>1-800-784-2433</u> Mental Health Support Line: <u>310-6789</u> Vancouver Coastal Regional Distress Line: <u>604-872-3311</u> Sunshine Coast/Sea to Sky: <u>1-866-661-3311</u></p>	<p>Help is available! 24 hours a day, 7 days a week. If you or someone you know is having thoughts of suicide, call 1-800-784-2433 (1-800-SUICIDE), or call your local crisis centre.</p>

<p>Online Chat Service for Youth: <a href="http://www.YouthInBC.com">www.YouthInBC.com</a> (Noon to 1am)  Online Chat Service for Adults: <a href="http://www.CrisisCentreChat.ca">www.CrisisCentreChat.ca</a> (Noon to 1am)</p>	<p>Seniors Distress Line: <a href="tel:604-872-1234">604-872-1234</a>  Online Chat Service for Youth: <a href="http://www.YouthInBC.com">www.YouthInBC.com</a> (Noon to 1am)  Online Chat Service for Adults: <a href="http://www.CrisisCentreChat.ca">www.CrisisCentreChat.ca</a> (Noon to 1am)</p>	<p><b>Language Service:</b> Both of the 310-6789 and 1-800-SUICIDE phone lines are available in over 140 languages using a language service. Let them know which language you require, and they will try and provide an interpreter.</p>
<p><b>HealthLink BC</b>  <a href="https://www.healthlinkbc.ca/">https://www.healthlinkbc.ca/</a>  Anywhere in BC – 811  24/7</p>	<p>Anywhere in BC – 811</p>	<p><b>8-1-1</b> is a free-of-charge provincial health information and advice phone line available in British Columbia. The <b>8-1-1</b> phone line is operated by HealthLink BC, which is part of the Ministry of Health. By calling <b>8-1-1</b>, you can speak to a health service navigator, who can help you find health information and services; or connect you directly with a registered nurse, a registered dietitian, a qualified exercise professional, or a pharmacist.</p>

## Sexual Violence Support

Name, Website	Contact Information	Services Offered
<p><b>SVPRO (Sexual Violence and Prevention Response Office)</b></p> <p><a href="https://svpro.ubc.ca/">https://svpro.ubc.ca/</a></p> <p>Tel: <a href="tel:604-822-1588">604-822-1588</a> Mon-Fri 8:30am-4:30pm</p>	<p>6363 Agronomy Road, ROOM 4071 Vancouver, BC Canada V6T 1T2</p> <p><a href="mailto:svpro.vancouver@ubc.ca">svpro.vancouver@ubc.ca</a></p>	<p>A safe and confidential space for students, faculty and staff who have experienced sexual violence, regardless of where and when it took place. Includes any attempt or act of a sexual nature without your consent. All gender identities, expressions and sexualities welcome.</p>
<p><b>SASC (AMS Sexual Assault Support Centre)</b></p> <p><a href="https://amssasc.ca/">https://amssasc.ca/</a></p> <p>Tel: <a href="tel:604.827.5180">604.827.5180</a> 7 Days/Week – 8:00am-10:00pm</p>	<p>6133 University Blvd, Vancouver BC, V6T 1Z1</p>	<p>Education, support, and empowerment of people of all genders who are survivors of sexualized violence as well as their friends and family. They serve UBC students, staff, faculty, and people with a connection to the UBC campus through various resources and services.</p>

## Safety and Security

Name, Website	Contact Information	Services Offered
<p><b>AMS Safewalk</b></p> <p><a href="https://www.ams.ubc.ca/student-services/safewalk/">https://www.ams.ubc.ca/student-services/safewalk/</a></p> <p>Tel: 604-822-5355 7 days/week: 8pm-2am</p>	<p><a href="mailto:safewalk@ams.ubc.ca">safewalk@ams.ubc.ca</a> 604-822-5355</p>	<p>Provides a transportation service that will accompany students, staff, and visitors who feel unsafe walking alone, across campus.</p>
<p><b>Campus Security</b></p> <p><a href="https://security.ubc.ca/">https://security.ubc.ca/</a></p> <p>Tel: 604-822-2222 (24/7) Office: 7 days/week: 7:30am-6:30pm</p>	<p>2133 E Mall, Vancouver, BC Canada V6T 1Z4</p>	<p>Works towards making the campus a safe environment in numerous ways, from heading Secure Access to providing personal safety services and technologies and hosting security and safety workshops.</p>
<p><b>RCMP</b></p> <p>Tel: 9-1-1</p> <p>24/7</p>	<p>9-1-1</p>	<p>Acute crisis regarding safety/security</p>

## VSE Well-Being Committee

Please note: None of these personnel are trained counsellors or therapists. They will, however, act as a conduit and provide you the resources you will need.

Anything related to the Economics Department will be within their jurisdiction.

Name	Contact Information	Services Offered
Vadim Marmer – Faculty Representative	vadim.marmer@ubc.ca	Director of Graduate Studies Faculty and Student Relations Academic Concessions, Progress Graduate Advising Graduate Approvals
Devin Clemens – Staff Representative	devin.clemens@ubc.ca	Graduate Programs Manager Faculty and Student Relations Academic Concessions, Standing Graduate Advising Case Documenting Research Assistantships Teacher Assistantships Wellbeing Liaison
Temporarily: Katie Bishop – Staff Representative (Until permanent position is filled)	<a href="mailto:katie.bishop@ubc.ca">katie.bishop@ubc.ca</a>	Wellbeing Liaison Coordinator of Wellbeing Initiative/Resources Administrative Aid
Ieda Matavelli – Student Representative	iedarmatavelli@gmail.com	Graduate Student Support Wellbeing Ambassador

## UBC Peer Support Resources

Name, Website	Contact Information	Services Offered
<p><b>Graduate Well-being Network</b></p> <p><a href="https://gradwellbeing.wordpress.com/">https://gradwellbeing.wordpress.com/</a></p>	<p>Get in touch with the VSE Graduate Well-being Representative for more information.</p> <p><b>VSE's Graduate Student Peer Support Wellbeing Ambassador:</b> leda Matavelli - <a href="mailto:iedarmatavelli@gmail.com">iedarmatavelli@gmail.com</a></p> <p>Other contact on website</p>	<p>Organization started and run by graduate students regarding mental health and well-being issues.</p>
<p><b>Graduate Student Society – UBC</b></p> <p><a href="http://gss.ubc.ca/about/">http://gss.ubc.ca/about/</a></p> <p>Tel: 604-822-3203</p>	<p>To email with an advocacy inquiry about the Faculty of Graduate studies as it falls under GSS's purview: <a href="mailto:advocacy@gss.ubc.ca">advocacy@gss.ubc.ca</a></p> <p>For any questions regarding GSS's policies: VP Academic and University Affairs: <a href="mailto:vpacademic@gss.ubc.ca">vpacademic@gss.ubc.ca</a> or GSS President: <a href="mailto:president@gss.ubc.ca">president@gss.ubc.ca</a></p>	<p>Online space that brings together resources for graduate students, including information about on and off campus events</p>
<p><b>Kaleidoscope Peer Support Group – PUG</b></p> <p><a href="http://the-kaleidoscope.com/">http://the-kaleidoscope.com/</a></p>	<p><b>PUG (Professional Undergrads – i.e. Law, Medical school - and Graduate Students):</b> Mondays 5-6pm, Woodward Library Room B75 (<u>WOOD B375</u>)</p> <p><a href="mailto:info@the-kaleidoscope.com">info@the-kaleidoscope.com</a></p>	<p>Peer Support Group - Kaleidoscope's primary goal is to provide a <b>safe, confidential, stigma-free</b> environment for all individuals who identify with having with lived experience of mental health concerns. Not medical professionals, but rather a safe space with peers.</p>

## Academic Aid/Supervision

Name, Website	Contact Information	Services Offered
<b>Vancouver School of Economics (Internal)</b>  <a href="https://economics.ubc.ca/">https://economics.ubc.ca/</a>  Tel: 604-822-2876 Weekdays – 8:00am-4:00pm	Faculty of Arts  6000 Iona Drive Vancouver, BC Canada V6T 1L4	Scholarships, Bursaries, awards, loans, academic advising/planning
<b>Faculty of Graduate and Postdoctoral Studies</b>  <a href="https://www.grad.ubc.ca/">https://www.grad.ubc.ca/</a>  Mon-Fri – 8:30am-4:00pm	170-6371 Crescent Road Vancouver, BC Canada V6T 1Z2	Administration for all Graduate Studies – information base  Extremely useful link: <a href="https://www.grad.ubc.ca/current-students/professional-development/graduate-game-plan">https://www.grad.ubc.ca/current-students/professional-development/graduate-game-plan</a>
<b>Handling Leaves of Absence</b>	LINK: <a href="https://www.grad.ubc.ca/current-students/managing-your-program/leave-absence">https://www.grad.ubc.ca/current-students/managing-your-program/leave-absence</a>	
<b>Standing/Deferred Exams &amp; Courses</b>	EXAMS LINK: <a href="https://students.ubc.ca/enrolment/exams/standing-deferred-supplemental-exams">https://students.ubc.ca/enrolment/exams/standing-deferred-supplemental-exams</a>  COURSES LINK: <a href="https://www.grad.ubc.ca/faculty-staff/policies-procedures/deferred-standing">https://www.grad.ubc.ca/faculty-staff/policies-procedures/deferred-standing</a>	
<b>Office of the Ombudsperson for Students</b>  <a href="https://ombudsoffice.ubc.ca/">https://ombudsoffice.ubc.ca/</a>  Tel: 604-822-6149	C.K. Choi Building 181 - 1855 West Mall Vancouver, BC Canada V6T 1Z2  <a href="mailto:ombuds.office@ubc.ca">ombuds.office@ubc.ca</a>	The office will be a resource centre for students, faculty and staff to find information and receive guidance, consultation and advice about their concerns and issues relating to fair

		processes, practices and outcomes affecting students.
<p><b>Enrolment Services Professionals (ESP)</b></p> <p><a href="https://students.ubc.ca/about-student-services/enrolment-services-advisors">https://students.ubc.ca/about-student-services/enrolment-services-advisors</a></p> <p>Tel: 604-822-9836 Most weekdays: 9:30am-4:00pm</p>	<p>Find your advisor's contact information on the <a href="#">Student Service Centre (SSC)</a> under <b>Personal Info &gt; UBC Contacts</b>.</p> <p>Brock Hall 1874 East Mall</p>	<p>Go to for: managing finances, creating financial plans, paying tuition, transcripts, conferral of degree. Walk through payment options.</p>
<p><b>Time Management</b></p>	<p>Coaches: <a href="https://students.arts.ubc.ca/student-support/arts-peer-academic-coaches/">https://students.arts.ubc.ca/student-support/arts-peer-academic-coaches/</a></p> <p>Link to helpful tips: <a href="https://www.grad.ubc.ca/handbook-graduate-supervision/time-management">https://www.grad.ubc.ca/handbook-graduate-supervision/time-management</a></p> <p>Graduate Specific Event (January 2020): <a href="https://www.grad.ubc.ca/about-us/events/18135-time-management">https://www.grad.ubc.ca/about-us/events/18135-time-management</a></p> <p>Wellness Centre seminar can be requested: <a href="https://students.ubc.ca/health/wellness-centre/wellness-workshops#time-management">https://students.ubc.ca/health/wellness-centre/wellness-workshops#time-management</a></p>	<p>Time management/goal setting aid with peer coaches.</p>



## Career and Professional Development

Name, Website	Contact Information	Services Offered
<p><b>Graduate Pathways to Success</b></p> <p><a href="https://www.grad.ubc.ca/current-students/professional-development/graduate-pathways-success">https://www.grad.ubc.ca/current-students/professional-development/graduate-pathways-success</a></p>	<p>LINK: <a href="https://www.grad.ubc.ca/current-students/professional-development/graduate-pathways-success">https://www.grad.ubc.ca/current-students/professional-development/graduate-pathways-success</a></p>	<p><b>Graduate Pathways to Success (Pathways)</b> is a palette of non-credit workshops, seminars and other activities designed to complement your graduate program's academic curriculum and mentorship experience.</p>
<p><b>Centre for Student Involvement and Careers</b></p> <p><a href="https://students.ubc.ca/about-student-services/centre-student-involvement-careers">https://students.ubc.ca/about-student-services/centre-student-involvement-careers</a></p> <p>Tel: 604-822-4011</p>	<p>Brock Hall Room 1036, 1874 East Mall Vancouver, BC V6T 1Z1</p> <p><a href="mailto:Csic.support@ubc.ca">Csic.support@ubc.ca</a></p>	<p>The Centre provides all UBC students with access and connection to workplace learning, mentoring, volunteer and leadership opportunities; and offers career and employment related services to students, academic departments, employers, parents, and alumni.</p>
<p><b>Research Commons</b></p> <p><a href="https://researchcommons.library.ubc.ca/">https://researchcommons.library.ubc.ca/</a></p> <p>Tel: 604-822-6375</p>	<p>1961 East Mall Vancouver, BC Canada V6T 1Z1</p>	<p>*1:1 Consultations with Peers*</p> <p>Services in Koerner Library include a Digital Scholarship Lab for research, experimentation, and collaboration, consultations and workshops for UBC researchers, expertise in digital scholarship, GIS, and data services; and a welcoming space for projects and presentations.</p>
<p><b>Centre for Teaching, Learning and Technology</b></p> <p><a href="https://ctlit.ubc.ca/">https://ctlit.ubc.ca/</a></p> <p>Tel: 604-827-0360</p>	<p>Irving K. Barber Learning Centre 214 – 1961 East Mall Vancouver, BC Canada V6T 1Z1</p> <p><a href="mailto:ctlit.info@ubc.ca">ctlit.info@ubc.ca</a></p>	<p>Professional development in teaching and learning, integration of technology into teaching and learning.</p>

## Language and Writing

Name, Website	Contact Information	Services Offered
<p><b>The Writing Centre</b></p> <p><a href="https://extendedlearning.ubc.ca/study-topic/professional-writing-communications">https://extendedlearning.ubc.ca/study-topic/professional-writing-communications</a></p> <p>Tel: 604-822-1444 Mon-Fri – 8:30am-4:30pm</p>	<p>David Strangway Building 410-5950 University Boulevard Vancouver, BC Canada V6T 1Z3</p>	<p>Break through communication clutter with clear, persuasive and effective writing. Whether you're writing content for blog posts, workplace communications, magazine and newspaper articles or digital media, engage your audience and get the results you want with fresh writing, editing and storytelling skills. Because more than ever, words matter.</p>
<p><b>English Language Institute</b></p> <p><a href="https://eli.ubc.ca/">https://eli.ubc.ca/</a></p> <p>Tel: 604-822-1555</p>	<p>2121 West Mall Vancouver, BC Canada V6T 1Z4</p>	<p>As an ELI student, you learn from English Language instructors who are leaders in the field of language education. You also have access to many of the outstanding resources that UBC offers.</p>