SUPPORT RESOURCES

Discrimination and Harassment Policy Review

As we discuss the Discrimination and Harassment Policy, difficult topics may arise. For many of us the inequity and injustice we seek to address is not theoretical or abstract but rather personal. Conversation Café participants might find themselves in search of various forms of support after engaging in these discussions. Below are some forms of support as well as suggestions for where to access them.

If you’ve experienced discrimination or harassment and are interested in learning about your options for reporting or for support, you can reach out to Equity and Human Rights. For more information, please contact Sam Lall, Case Management Officer at eqhr01@uvic.ca or 250-721-8486.

CRISIS LINES

Vancouver Island Crisis Line: 1-888-494-3888
The Vancouver Island Crisis Line is available 24/7 to provide a supportive listening ear for people in emotional distress and connection to emergency mental health services when needed. Chat and text options also available.

KUU-US Crisis Line: 1-800-588-8717
KUU-US provides 24/7 crisis support for Indigenous people throughout British Columbia. Youth, adult, Elder and Métis specific phone lines are available.

COUNSELLING

UVic staff, faculty and students have access to the below services free of charge as well as coverage for mental health related services in their extended health benefits.

- **UVSS (undergraduate) health plan**: The plan covers 80% of the cost of a mental health practitioner, up to a combined maximum of $700 per policy year for all practitioners. The practitioner must be a registered psychologist, registered clinical counsellor, or have a Master’s degree in Social Work.
- **GSS (graduate) health plan**: Registered psychologist/Registered Clinical Counsellor (combined) has an annual maximum of $500 per person per calendar year. Paramedical practitioners each have a $10 per person per visit copayment which is the responsibility of the plan holder to pay.
- **Employee health plans**: Faculty, librarians and staff can find details on benefit coverage in their respective benefits handbook.
**Employee and Family Assistance Program**
UVic staff and faculty and dependents can find support through LifeWorks, a confidential program that includes professional counselling, information and referral services.

**UVic Student Wellness Centre**
A team of practitioners offer a variety of services to support students’ mental, physical and spiritual health. You can make a same-day or pre-booked appointment with a counsellor, nurse, physician, or spiritual care provider.

**SupportConnect**
A free, confidential mental health support service for UVic students that allows you to get connected with qualified counsellors, consultants and life coaches anytime, anywhere. Students can access SupportConnect 24/7 by phone or online (video and in-person options are available).

**PEER SUPPORT**

**Anti-Violence Project**
Open to all members of the campus community and surrounding area, the Anti-Violence Project’s non-judgmental and confidential support services for anyone who has experienced any form of violence, anyone who has caused harm, and anyone who has supported someone who has experienced violence or caused harm.

**UVSS Peer Support Centre**
Whether you are struggling with or have questions regarding mental health, are concerned for a friend, or need help accessing resources on or off campus, UVic students can seek a first-point-of-contact at the Peer Support Centre.

**BPOC Caucus**
The BPOC Caucus is an ad-hoc committee that has been struck to provide a space for peer support and advocacy for BPOC Faculty and Librarian/Archivist members. It is currently an open caucus, meaning it is open to all BPOC members of the Faculty Association.

Additional community support resources can be found at [https://www.uvic.ca/equity/about/get-support/](https://www.uvic.ca/equity/about/get-support/)