



UVic Student Supports & Crisis Resources for SOCW Students

Academic Advising Team

UNIVERSITY OF VICTORIA



March 2022

School of Social Work University of Victoria

If you need help connecting or navigating any of the services below, please contact our School of Social Work, BSW or MSW Advising Team.

BSW Program Contacts:

If you are a BSW student, please contact either

BSW Standard Program – swadmit@uvic.ca or 250-721-8047

BSW Specialization program – swadvise@uvic.ca or 250-721-8042

MSW Program Contacts

If you are a MSW student, please contact

MSW Program Assistant swgrad@uvic.ca or 250-472-5622

MSW Graduate Advisor madvise@uvic.ca

Contents

Centre for Accessible Learning (CAL)	3
Health Services.....	3
Counselling Services.....	4
Crisis Services Canada Support Resources: Find your Region.....	4
HSD Indigenous Student Support Centre.....	6
Office of Indigenous Academic and Community Engagement	6
Multifaith Services	6
Learning Commons	7
Library for Distance.....	8
International student services	8
Student Affairs	8
Equity and Human Rights.....	9
Student Awards and Financial Aid	10
Student Union Building & University of Victoria Students' Society.....	10

Centre for Accessible Learning (CAL)

<https://www.uvic.ca/services/cal/>

For Distance and On-Campus students.

If you need academic accommodations to address barriers to your education, we'll work with you, your instructors and others to create learning environments that are equitable, inclusive and usable.

CAL offers:

- academic accommodations
- alternate text formats
- assistive technology to support educational goals
- invigilation of accommodated university exams
- visual language interpreting
- consultation referral to federal and provincial funding sources
- learning assistance program (full-serve note taking program, specialized tutor program, and learning strategist program)
- learning assessment clinic & support for assessment (funding)

Contact: 250-472-4947 | Campus Services Building Room 150

Health Services

<https://www.uvic.ca/services/health/>

For On-Campus students

University Health Services (UHS) provides a full service primary health clinic for students, and coordinates healthy student and campus initiatives. We encourage students to use UHS as their primary point of health care while at UVic.

Health Service offers:

- Medical appointments (scheduled, rapid access, and on-call care)
- mental health practitioner
- Collaborative Eating Disorder Clinic
- Attention Deficit Hyperactive Disorder Clinic
- vaccinations and flu shots
- sexual health clinic and STI screenings
- sports medicine and injury assessments
- specialist referrals
- Student Health Ambassador and Peer Educator Program (FitConnect, Harm Reduction Centre, and health promotion events) <https://www.uvic.ca/services/health/resource/SHAPE/index.php>

Contact: 250-721-8492 (answered 9-12pm & 1-3pm) | Peterson Health Centre, lower parking lot #5

Counselling Services

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

For On-Campus students

Counselling Services can help you make the most of your university experience. We offer free professional, confidential, inclusive support to currently registered UVic students.

Counselling Services offers:

- Single Session Walk-In (available on a first-come, first-served basis)
 - Monday, Wednesday, & Friday morning sessions take place between 9:00am-12:00pm and are **booked at 8:30 am**; afternoon sessions take place between 1:00pm-4:00pm and are **booked at 12:30pm**.
 - Tuesday and Thursday: afternoon sessions take place between 1:00pm-4:00pm and are **booked at 12:30 pm**
- Pre-Booked Brief Counselling
 - Pre-book a future session with a counsellor by coming to our front counter in-person or by calling Counselling Services
 - If you have already met with a counsellor and would like to continue working with them, you may contact them directly to schedule a session.
- Groups and Workshops
 - Some groups and workshops are drop-in, some are preregistered and some require a referral from a counsellor.

Contact: 250-721-8341 | counsell@uvic.ca | University Centre, Room B270

For Distance and On-Campus students

Access the Self-Help resource page on the website which includes:

- academic life
- career exploration
- mental health (depression, anxiety, substance use, body image/disordered eating, suicide prevention, and trauma)
- social life
- taking care of yourself

[If needing emergency support after hours:](#)

Ambulance, Fire, Police: 9-1-1
UVic Campus Security: 250-721-7599

Crisis Services Canada Support Resources: Find your Region

<https://www.crisisservicescanada.ca/en/looking-for-local-resources-support/>

[British Columbia Crisis Line](#)

- Crisis Line Association (24 hours): 1-800-SUICIDE (1-800-784-2433)
- KUU-US Indigenous Crisis Line (24 hours): 1-800-588-8717
- Vancouver Island Crisis Line (24 hours): 1-888-494-3888 | Text 1-250-800-3806

[Alberta Crisis Line](#)

- Distress Centre Calgary (24 hour): 1-403-266-HELP (403-266-4357)
- The Support Network Edmonton Region (24 hour): 1-780-482-HELP (480-482-4357)

[Saskatchewan Crisis Line](#)

- North East Crisis Intervention Centre (24 hour): 1-800-611-6349
- Southwest Crisis Services (24 hour): 1-800-567-3334

[Manitoba Crisis Line](#)

- Manitoba Suicide Prevention & Support Line (24 hour): 1-877-435-7170

[Ontario Crisis Line](#)

- Northern Ontario Talk4Healing: 1-855-554-HEAL (855-554-4325)
- Toronto Distress Centre: 1-416-408-4357

[Quebec Crisis Line](#)

- Association québécoise de prévention du suicide (24 hour): 1-866-APPELLE (866-277-3553)

[New Brunswick Crisis Line](#)

- Chimo Helpline (24 hour): 1-800-667-5005

[Nova Scotia Crisis Line](#)

- Provincial Crisis Line (24 hour): 1-888-429-8167

[Prince Edward Island Crisis Line](#)

- Island Helpline (24 hour): 1-800-218-2885

[Newfoundland Crisis Line](#)

- Mental Health Crisis Line (24 hour): 1-888-737-4668

[Yukon Crisis Line](#)

- Yukon Distress & Support Line (7pm – 12am): 1-844-533-3030

[Northwest Territories Crisis Line](#)

- NWT Help Line (7pm – 11pm): 1-800-661-0844

[Nunavut Crisis Line](#)

- Awareness Centre Crisis Line (24 hour): 1-867-982-0123

- Nunavut Kamatsiaqtut Help Line (7pm – 11pm): 1-800-265-3333

HSD Indigenous Student Support Centre

<https://www.uvic.ca/hsd/undergraduate/indigenous/issc/index.php>

For Distance and On-Campus students

Indigenous Student Support Centre (ISSC) is here to help you succeed by being available to provide that extra support for on-campus and distance Indigenous students.

ISSC offers:

- cultural/emotional/academic support
- access to resources
- quiet study space
- talking circles
- connection to elders
- events

Contact: 250-721-6005 | hsdiissc@uvic.ca | HSD room B211

Office of Indigenous Academic and Community Engagement

<https://www.uvic.ca/services/indigenous/>

For Distance and On-Campus students

IACE is here to connect you with the educational, financial and cultural resources available on campus and in local communities. We encourage you to explore the many programs and services that we offer to Indigenous students.

IACE offers:

- LE, NONET programs
- financial aid
- academic & cultural programming (Elders in Residence, counselling, campus cousins, talking circles, academic support/tutors, CO-OP education)
- events & ceremonies

Contact: 250-472-4913 | iaceadm@uvic.ca | First Peoples House

Multifaith Services

<https://www.uvic.ca/multifaith/>

For On-Campus students

Multifaith Services is a culturally diverse and multifaith community. Chaplains and representatives are appointed by local faith communities. Our team includes Anglican, Bahà'í, Baptist, Buddhist, Catholic, Christian Science, Jewish, Lutheran, Muslim, Presbyterian, Unitarian and United representatives.

Multifaith offers:

- prayer & meditation groups
- pastoral counselling
- weekly activities (yoga, meditation, pet café, community dinners)
- retreats
- workshops

Contact: 250-721-8338 | chaplain@uvic.ca | Interfaith Chapel, Parking Lot #6 by Finnerty Gardens

Learning Commons

<https://www.uvic.ca/library/locations/home/learning/>

For On-Campus students

Learning Commons is an active, collaborative and inclusive learning environment where you can access multiple resources, services and expertise to help you succeed in your studies at UVic.

Learning Commons offers:

- workshops
- quiet work spaces
- research help
- instruction
- tutoring
- academic advising
- one-on-one support

Learning Commons includes:

- Research Help Desk
- Centre for Academic Communication
- International Commons
- Academic Advising Centre
- Career Help
- Math & Statistics Help
- Physics Help
- Study Solutions
- Library Help Desk
- Computer Help Desk
- Music & Media Commons

Contact: 250-721-6673 | Main floor of McPherson Library

Library for Distance

<https://www.uvic.ca/library/locations/home/iline/index.php>

For Distance students

Distance Learning and Research provides services for distance students. We will help you find the information needed to complete your course work. As a distance education student, use these pages to learn how to search the library databases off campus.

You can request material in the library and it will be sent to your home, articles from their collections, articles or books not in the collections, and help choosing an appropriate search strategy, database, or research help.

Undergraduate research tutorials <https://www.uvic.ca/library/locations/home/iline/onlineug.php>

Contact: 250-721-6488 | Learning & Research Office 2nd floor, McPherson Library

International student services

<https://www.uvic.ca/international/home/contact/iss/index.php>

For On-Campus students

International Student Services (ISS) is a centralized resource providing international services, information and programs for undergraduate and graduate students from pre-arrival to degree completion.

International Student Services offers:

- international student advising
- international exchange program
- UVic global community.

Contact: 250-721-6361 | issinfo@uvic.ca | University Centre, Room B272

Student Affairs

For Distance and On-Campus students

Current students

<https://www.uvic.ca/current-students/index.php>

- More information regarding:
 - program planning
 - course registration
 - academic life
 - student life
 - resources & tools
 - help & wayfinding

Mental health

<https://www.uvic.ca/mentalhealth/>

- More information regarding supports, services, and opportunities for students to maintain well-being for undergraduate students, graduate students, faculty & staff, and for parents & families.
- **Undergraduate Student information**
<https://www.uvic.ca/mentalhealth/undergraduate/index.php>
- **Graduate Student information** <https://www.uvic.ca/mentalhealth/graduate/index.php>

Safety

<https://www.uvic.ca/security/safety/security/index.php>

- More information regarding safety on campus.
- Security includes:
 - safewalk/campus alone program
 - pedestrian safety
 - run safe program
 - student residence security
 - security alerts
 - personal safety coordinator
 - crime prevention & safety education programs
 - community education

Equity and Human Rights

<https://www.uvic.ca/equity/>

For Distance and On-Campus students

Equity and Human Rights is a resource for all UVic community members, providing education, information, assistance and advice in aid of building and supporting an inclusive campus. We believe that our campus should represent the diversity of our larger communities and that every person--student staff and faculty--should be treated equitably.

EQHR provides support with:

- sexualized violence
- discrimination & harassment
- employment equity
- education & initiatives

Contact: 250-721-8488 | eghr@uvic.ca | Sedgewick Building, Room C115

Student Awards and Financial Aid

<https://www.uvic.ca/registrar/safa/>

For Distance and On-Campus students

SAFA helps provide information and support with scholarships, bursaries and work study opportunities and provides information about other funding sources, expected costs and strategies for balancing your budget.

SAFA offers:

- entrance scholarships,
- in-course scholarships,
- bursaries,
- work study opportunities,
- loans & grants,
- international student awards,
- indigenous student awards,
- former youth-in-care funding

Contact: 250-721-8423 | finaid@uvic.ca | University Centre, Room A202

Student Union Building & University of Victoria Students' Society

<https://uvss.ca/thesub/>

For Distance and On-Campus students

The SUB is the campus hub for information, services, study spaces, advocacy groups & support. UVSS supports advocacy groups, campaigns, campus clubs, course unions, events, governance, and other supports for students to access

Student Health & Dental Plan <https://uvss.ca/health-dental-plan/>

Advocacy Groups include:

- Native Students Union
- Society for Students with a Disability
- Students of Colour Collective
- Gender Empowerment Centre
- UVic Pride

Affiliated Organizations include:

- Anti-Violence Project
- Ombudsperson
- Peer Helping
- Students for Literacy

Campaigns Include:

- Divest
- Let's Get Consensual
- ReThink Mental Health
- Grants Now
- Safer Use
- Rent with Rights

On-Campus Services include:

- Student clubs
 - ONECard/SUB Dining Card/U-Pass
 - Peer Support Centre
 - Wellness Space
 - Campus Dental
 - Campus Pharmacy
 - Victory Health & Wellness
 - Food Bank and Free Store
 - Community Garden
-