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SCHOOL OF SOCIAL WORK

MASTER OF SOCIAL WORK

UNIVERSITY OF VICTORIA



SCHOOL OF SOCIAL WORK

**MSW STUDENT SUPPORT
& CRISIS RESOURCES**
JANUARY 2020

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EMERGENCY SUPPORT AFTER HOURS:

Ambulance, Fire, Police: 9-1-1

Campus Security: 250-721-7599

CAMPUS SECURITY

Check out [Campus Security's website](#) for more information regarding safety on campus.

SECURITY SERVICES INCLUDE:

- Safewalk/Campus Alone program
- Pedestrian safety
- Run safe program
- Student residence security
- Security alerts
- Personal safety coordinator
- Crime prevention & safety education programs
- Community education

CONTACT:

Phone: 250-721-7599

Location: Campus Security Building

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

CENTRE FOR ACCESSIBLE LEARNING (CAL)

Students who require additional academic support because of varying abilities and/or medical issues can access unique programming and accommodations through CAL. Students are required to register with CAL to access these services.

FOR DISTANCE AND ON-CAMPUS/LOCAL STUDENTS

CAL PROVIDES:

- 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:

Email: infocal@uvic.ca

Phone: 250-472-4947

Location: Campus Services Building Room 150

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

COUNSELLING SERVICES

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

FOR ON-CAMPUS/LOCAL 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

FOR DISTANCE AND ON-CAMPUS/LOCAL STUDENTS

[SELF-HELP RESOURCES PAGE](#) OFFERS TOOLS FOR:

- Academic life
- Career exploration
- Mental health (depression, anxiety, substance use, body image/disordered eating, suicide prevention, and trauma)
- Social life

- Taking care of yourself

CONTACT:

Email: counsell@uvic.ca

Phone: 250-721-8341

Location: University Centre, Room B270

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

CRISIS SERVICES CANADA SUPPORT RESOURCES

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

EQUITY & HUMAN RIGHTS (EQHR)

Equity and Human Rights (EQHR) 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. To this end we work closely across all units to build equity and diversity through education, prevention and structural initiatives. Finally, when issues and concerns arise, we are here to assist community members and help guide them through the range of available resolution options.

FOR DISTANCE AND ON-CAMPUS/LOCAL STUDENTS

EQHR PROVIDES SUPPORT WITH:

- Sexualized violence
- Discrimination & harassment
- Employment equity
- Education & initiatives

CONTACT:

Email: eqhr@uvic.ca

Phone: 250-721-8488

Location: Sedgewick Building, Room C115

HSD INDIGENOUS STUDENT SUPPORT CENTRE

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.

FOR DISTANCE AND ON-CAMPUS/LOCAL STUDENTS

SERVICES OFFERED BY ISSC:

- Cultural/emotional/academic support
- Access to resources
- Quiet study space
- Talking circles
- Connection to elders
- Events for Indigenous students to connect and unwind

ADDITIONAL RESOURCES FOR INDIGENOUS STUDENTS:

- Indigenous Counselling Office
 - Contact Sylvie Cottell, Metis Registered Clinical Counsellor, at inafic@uvic.ca or 250-721-8341
- Office of Indigenous Affairs
 - Contact Crystal Seibold at inafco@uvic.ca or 250-853-3599
- Native Student Union
 - For more information: <https://www.uvicnsu.ca/>

CONTACT:

Email: hsdissc@uvic.ca

Phone: 250-721-6005

Location: HSD room B211

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

INTERNATIONAL STUDENT SERVICES (ISS)

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.

FOR ON-CAMPUS/LOCAL STUDENTS

INTERNATIONAL STUDENT SERVICES OFFERS:

- International student advising
- International exchange program
- UVic global community

CONTACT:

Email: issinfo@uvic.ca

Phone: 250-721-6361

Location: University Centre, Room B272

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

LEARNING COMMONS

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.

FOR ON-CAMPUS/LOCAL STUDENTS WITH SOME DISTANCE OPTIONS

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

* AVAILABLE FOR DISTANCE STUDENTS

CONTACT:

Phone: 250-721-6673

Location: Main floor of McPherson Library

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

LIBRARY FOR DISTANCE

Distance Learning and Research provides services for distance students. We will help you find the information needed to complete your course work.

LIBRARY FOR DISTANCE OFFERS:

- [Graduate Research Tutorials](#)
- The opportunity for distance students to request library material. You can request:
 - Any circulating material held in the library to be sent to your home
 - Articles from journals, magazines, or newspapers in the collections
 - Articles and books not held in the collections
 - Research assistance

CONTACT:

Phone: 250-721-6488

Location: Learning & Research Office 2nd floor, McPherson Library

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

MULTIFAITH SERVICES

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.

FOR ON-CAMPUS/LOCAL STUDENTS

MULTIFAITH OFFERS:

- Prayer & meditation groups
- Pastoral counselling
- Weekly activities (yoga, meditation, pet café, community dinners)
- Retreats
- Workshops

CONTACT:

Email: chaplain@uvic.ca

Phone: 250-721-8338

Location: Interfaith Chapel, Parking Lot #6 by Finnerty Gardens

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

OFFICE OF INDIGENOUS ACADEMIC & COMMUNITY ENGAGEMENT (IACE)

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.

FOR DISTANCE AND ON-CAMPUS/LOCAL 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

- The INAF listserv is a central place to send and receive information relating to INAF and UVic programs and funding and employment opportunities (sign up on their website)

CONTACT:

Email: iaceadm@uvic.ca

Phone: 250-472-4913

Location: First Peoples House

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

STUDENT AWARDS & FINANCIAL AID (SAFA)

Student Awards and Financial Aid (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.

FOR DISTANCE AND ON-CAMPUS/LOCAL STUDENTS

SERVICES OFFERED BY SAFA:

- Entrance scholarships
- In-course scholarships
- Bursaries
- Work study opportunities
- Loans & grants
- International student awards
- Indigenous student awards
- Former youth-in-care funding

CONTACT:

Email: finaid@uvic.ca

Phone: 250-721-8423

Location: University Centre, Room A202

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

STUDENT MENTAL HEALTH

UVic offers a variety of supports, services and opportunities to promote student mental health. Graduate school is filled with opportunities for accomplishments, fulfillment, challenges, and growth. For many graduate students, this is also a time of high stress, competing demands, uncertainty, and mental health challenges. UVic aims to support graduate students in building resiliency to these stressors and fostering mental wellness. Check out the [Mental Health Services](#) website for further details about the services they offer.

FOR DISTANCE AND ON-CAMPUS/LOCAL STUDENTS

STUDENT MENTAL HEALTH PROVIDES:

- Resources for promoting and maintaining wellness
- Information about how to thrive in academia
- Options for finding support, resources and aids when you need help
- Resources for managing finances, work, housing and family during your studies
- Information about how to stay connected during your studies
- Basic resources for planning your career and exploring employment opportunities
- Additional resources for both on and off campus

STUDENT UNION BUILDING (SUB)

The Student Union Building (SUB) is the campus hub for information, services, study spaces, advocacy groups & support.

FOR DISTANCE AND ON-CAMPUS/LOCAL STUDENTS

ADVOCACY GROUPS:

The SUB is home to the Native Students' Union and 4 advocacy groups. These groups do incredible advocacy work for students and we strongly recommend getting involved with them or seeking out the wide range of supports they offer to students.

Native Students Union (NSU)

Room: SUB B023

Phone: 250-472-4394

Email: nsu@uvicnsu.ca

Society for Students with a Disability (SSD)

Room: SUB B111

Phone: 250-472-5397

Email: uvicssd@uvic.ca, ssdchair@uvic.ca

www.uvicnsu.ca

Gender Empowerment Centre (GEM)

Room: SUB B107

Phone: 250-721-8353

Email: gemcentre@uvic.ca

www.genderempowermentcentre.ca

www.uvicssd.com

UVic Pride Collective

Room: SUB B010

Phone: 250-472-4393

Email: pride@uvic.ca

<https://sites.google.com/prideuvic.com/uvicpride/>

Students of Colour Collective (SOCC)

Room: SUB B020

Phone: 250-472-4697

Email: socc@uvic.ca

www.soccollective.com

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

SUPPORT FOR STUDENTS WITH FAMILIES

Striking a balance between school, work and home can be difficult no matter how prepared you are for the challenge. With this in mind, the Faculty of Graduate Studies aims to support you and your loved ones as you advance your academic aspirations. In addition to our flexible program options, our financial, career, wellness and family supports are here to help.

Check out the [Student Support website](#) for links to the services outlined below.

FOR DISTANCE AND ON-CAMPUS/LOCAL STUDENTS

RESOURCES FOR STUDENTS WITH FAMILIES INCLUDE:

- Child care bursaries
- Child Care services
- Co-op and Career services
- Family housing
- Family Centre
- Graduate student resources
- Graduate Students' Society
- Health Services

SERVICES OUTSIDE OF UVIC THAT MAY BE HELPFUL:

- Citizenship and Immigration Canada – [Work available to spouses or common-law partners](#)
- Ministry of Children and Family Development – [Child care subsidies](#)

UNIVERSITY HEALTH SERVICES (UHS)

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.

FOR ON-CAMPUS/LOCAL STUDENTS

SERVICES OFFERED BY UHS:

- 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)

CONTACT:

Email: moa@uvic.ca

Phone: 250-721-8492 (answered 9-12pm & 1-3pm)

Location: Peterson Health Centre, lower parking lot #5

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

UVIC GRADUATE STUDENTS SOCIETY (GSS)

The Graduate Student Society (GSS) provides a diverse set of services to UVic’s graduate student community. They are the hub for all graduate student events and support. Located in the Halpern Centre, they are also the home of the [Grad House](#) restaurant and [Side Project](#) coffee shop – some of the best food on campus.

FOR ON-CAMPUS/LOCAL AND DISTANCE STUDENTS

ADVOCACY SERVICES OFFERED BY GSS:

- Financial Support – scholarships, funding, loans, emergency funding, bursaries, and information for working while you study
- [Supervisor Relationship Policy](#) and advice for navigating your relationship with your supervisor
- Information about accessing the Ombudsperson
- Support for using UVic’s Sexualized Violence Policy
- CUPE 4163 advice and support
- Further information about [UVic’s Advocacy Groups](#) (linked above under the Student Union Building)

GSS SERVICES:

- [Modo Car Co-op](#)
- [U-Pass Package](#)
- [GSS Grants](#)

- [Room Bookings in the Halpern Centre](#)
- [Spokes Bicycle Program](#)
- [Health and Dental Program](#)
- [Job postings](#)

GSS GOVERNANCE:

- All UVic Schools and Departments that house a graduate program are eligible for GSS Representation – SOCW reps are elected each September
 - Both local or distance students are eligible to represent our School
- [History of the GSS](#)
- [Organizational Structure](#)
- [Meetings Schedule, Agendas, and Minutes](#)