



Office of the Associate Dean
Academic and Student Relations
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Guide to Wellness Resources and Supports for Students at the Faculty of Law

1. Introduction

This guide provides a list of resources related to wellness, support advocacy and equity, diversity and inclusion available to UVic Law students at the Faculty, University and broader community.

It is meant to be shared with:

- Law students
- Faculty members, sessional instructors, and TAs
- Law staff who work with students

If you have questions or concerns about student wellness and support or equity, diversity and inclusion at the Faculty of Law, or if you have suggestions for additions or revisions to this guide, please contact Law Student Services (law.studentservices@uvic.ca).

2. Faculty of Law Resources

[Amicus Program](#): Personal support, counselling, academic support, tutoring and academic advising.

[Faculty of Law Equity Policy](#): This policy revises and consolidates Faculty equity policies into one policy.

[Financial Aid](#): Law bursaries, Law Foundation Diversity Access Grant, Dean's Emergency Loans, Law Student Emergency Bursary Fund, Faculty of Law Indigenous Emergency Assistance Fund.

[Law Careers Office](#): The Law Careers Office (LCO) provides career services to all UVic Law students throughout law school and beyond. These services include one-on-one career counseling, resume and cover letter review, mock interviews, lunchtime information sessions, networking events, and guidance through formal recruitment processes.

[Indigenous Law Students' Association](#): Advocacy and representation for Indigenous students and Indigenous student issues.

[Law Co-op](#): Combine the knowledge you've gained in the classroom with practical experiences in the workplace by participating in Canada's only comprehensive common law co-operative education program.

[Law Students' Society and Law Student Clubs](#): Advocacy and representation for students and student issues.

3. UVic Resources

[Centre for Accessible Learning](#): CAL works with students and faculty to promote educational equity and accessibility for students with disabilities. CAL provides programs and coordinates academic accommodations for students.

Phone: 250-472-4947

Email: calfrontdesk@uvic.ca

[Centre for Academic Skills Centre](#): Offers free online and in-person one-on-one tutorials, workshops that actively coach students on academic integrity, including preventing accidental plagiarism, time management and planning for a successful semester, reading, writing, speaking, understanding academic expectations, and other aspects of academic communication.
Email: cacmgr@uvic.ca Phone: 1-250-853-3675

[Campus Security & Personal Safety](#): Provides 24-hour first responders to on-campus emergencies and offers a 24-hour Safewalk service and Campus Alone safety service to all members of the UVic community. Personal Safety Coordinators are also available as a resource for students, staff and faculty to help address individual concerns and general personal safety issues.

Campus Security responds to urgent calls on campus
250-721-7599 (Emergency and Safewalk)
250-721-6386 (Non-Emergency and Campus Alone)
250-721-8981 (Personal Safety Coordinators)
Email: psc@uvic.ca (Personal Safety Coordinators)

[Elders In Residence](#): The Elders in Residence provide spiritual support, encouragement and guidance for Indigenous students at UVic.

[Equity and Human Rights](#): (EQHR) 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. EQHR Provides support and response options under the Sexualized Violence Prevention & Response policy and Discrimination & Harassment policy.

Phone: 250-721-8488

Email: eghr01@uvic.ca

[Family Centre](#): The Family Centre is an inclusive family resource centre located in the Student Family Housing complex supporting a diverse student family community living both on and off campus.

[Family Housing for Indigenous Students](#): Residence Services offers a limited number of priority placements dedicated to eligible Indigenous students and their families.

[First Peoples House](#) and [Indigenous Academic and Community Engagement](#): On-campus supports, programs and resources such as: Indigenous counselling services, Indigenous Student Support, Elders in Residence, LE,NONET Campus Cousins, and Talking Circles.

For support, including Indigenous Student Support and financial aid contact the [LE,NONET Student Engagement and Support Coordinator](#): lenonet@uvic.ca

[International Centre for Students](#): Help international students with study permits and immigration documents, personal development, academic success and adjusting to cultural differences.

The [Multifaith Centre](#) provide one-on-one spiritual care as well as culturally diverse free weekly [activities, events, and programs](#) designed to promote student well-being.

[Office of Student Life](#): Student Life Grants to support student led initiatives; Student support coordination program and resolution of non-academic conduct concerns; student conduct concerns.

[Office of the Ombudsperson](#): Independent, impartial, and confidential resource for students; the ombudsperson helps resolve student problems or disputes fairly.

[Safehaven/Safewalk/Campus Alone](#): Safe walk and personal safety. See Campus Security.

[Sexualized Violence Resource Office](#): Offers information, support, and education for all UVic community members. They also run education sessions and workshops aimed at preventing and responding to sexualized violence at UVic.

[Student Awards and Financial Aid](#): Bursaries, loans and grants, scholarships and work study.

[Student Wellness Centre](#): Brings together a team of counsellors, registered nurses, physicians, spiritual care providers and more to help with general health concerns, illness assessments, injury evaluations, vaccinations, and management of chronic conditions. The

Student Wellness Centre is located in the [Health and Wellness Building](#). Counselling and Health offers UVic students same-day and pre-booked appointments with counsellors, doctors and nurses. Indigenous counselling and counselling for law students is available.

- Indigenous counselling is for students who self-identify as Indigenous and would like to book a counselling appointment with an Indigenous Counsellor.
- Law counselling is for law students looking to speak with a designated counsellor for the Faculty of Law Students. Call to book: 250-721-8563

SupportConnect: A free, confidential mental health support service for UVic students. You can talk with qualified counsellors anytime, anywhere.

Toll-free (calls from North America): 1-844-773-1427 International collect calls: 1-250-999-7621

Phone: 250-721-8021

Email at eghr01@uvic.ca to book either an in-person or online appointment

Physical office is located in Sedgewick, Room C119.

Phone: 250-721-8357

Email: ombuddy@uvic.ca

4. UVSS/Student Led Supports and Resources

Anti-Violence Project: Non-judgmental and confidential support services available to anyone who has experienced violence, anyone who has caused harm, and anyone who has supported someone who has experienced violence or caused harm.

In person: Room B024 (SUB)

Phone: 778-400-5007

Email: support@antiviolenceproject.org

Gender Empowerment Centre: GEM is an inclusive space, focused on the needs of self-identified women, non-binary, trans and gender non-conforming folks to organize, network, access resources, attend workshops and events, study, and relax.

Native Students' Union: A student-run collective dedicated to supporting the Indigenous student community at the University of Victoria.

Peer Support Centre: Trained volunteers who are passionate about promoting mental health and self-care in a positive way. They are here to listen and offer completely confidential and non-judgemental support.

Society for Students with a Disability: (SSD) is a post-secondary student advocacy group that promotes the full participation and inclusion of students who self-identify as having one or more disabilities.

[Student Health Plan Coverage](#): Information on undergraduate student coverage.

[Students of Colour Collective](#): (SOCC) is a collective of self-identified people of colour at the University of Victoria. SOCC exists to create space that fosters community building and facilitates networking and gatherings for self-identified BIPOC students. The Collective works on centering art, awareness, education, action, advocacy, and support. BIPOC students are invited to access the lounge area.

[UVic Pride](#): Celebrates sexual, gender and romantic diversity. You can find resources, chat online, take workshops and take part in events.

[UVSS Food Bank and Free Store](#): UVic's Free Store and Food Bank is located in the basement of the SUB Building (Room B007). The Free Store and Food Bank is run by a team of dedicated staff and volunteers and offers all UVic campus members access to food essentials and free household items.

5. Hotlines/Crisis Response/24 Hour Support

[SupportConnect](#): A free, confidential mental health support service for UVic students. You can talk with qualified counsellors anytime, anywhere.

Toll-free (calls from North America): 1-844-773-1427

International collect calls: 1-250-999-762

[Suicide Crisis Helpline](#): A safe space to talk 24 hours a day, every day of the year.
Call or Text: 988

[Native Youth Crisis Line](#): A 24/7 available throughout Canada for self-identifying Native youth.
Phone: 1-877-209-1266

[Aboriginal Legal Aid in BC](#): Native Youth Crisis Hotline 1-877-209-1266

[Here2Talk](#): Here2Talk connects students with mental health support - through this program, all students currently registered in a B.C. post-secondary institution have access to free, confidential counselling and community referral services, available 24/7 via app, phone and web.

Phone 1-877-857-3397

Website: <https://here2talk.ca/home>

[Indian Residential Schools Survivors Society](#): Crisis Line: 24-hour crisis line for survivors and family of survivors.

24-hour Crisis Line: 1-800-721-0066

National Crisis Line: 1-866-925-4419

[KUU-US Crisis Line Society](#) (First Nations & Indigenous specific): Confidential support to Indigenous peoples from Indigenous peoples in B.C.

Toll Free: 1-800-588-8717

[Trans Lifeline](#): Trans Lifeline is a grassroots hotline offering direct emotional and financial support to trans people in crisis – for the trans community, by the trans community.

Phone: 877 330-6366

[Vancouver Island 24-hour Crisis Line](#): Provides confidential emotional support and non-judgmental acceptance during times of crisis and information about community resources.

Phone: 1-888-494-3888 Crisis Chat: <https://www.vicrisis.ca/> Crisis Text: 250-800-3806

[Victoria Sexual Assault Centre](#): To access the Clinic 24-hrs a day, call the Vancouver Island Crisis Line: 1-888-494-3888. From there, ask to be connected with a VSAC Sexual Assault Support Worker to discuss options and accessing the resources, supports and/or clinic.

6. Community Resources

UVic Student Wellness has an extensive listing of resources for [physical health](#), [mental health](#), [spiritual health](#) and [harm reduction](#).

[1Up Single Parent Resource Centre](#): Support for single parent families in Victoria.

[CARES Clinic](#): Provides information on mental health and substance use services available in the Island Health region of British Columbia, Canada. It outlines various programs and resources aimed at supporting individuals dealing with mental health and substance use issues, including crisis intervention, counseling, treatment options, and support groups.

Services offered:

- MHSU Intake – assesses referral to determine appropriate mental health or substance use services. *physician referral or call CARES
- Single Session Therapy – A SAME DAY counselling session that offers therapeutic support. Call CARES
- Indigenous Outreach Services – support for those who identify as Indigenous and seeking help for mental health or substance concern. Physician referral or call CARES
- Enhanced Collaborative Care (ECC) – one time psychiatric assessment. Physician referral required.
- Rapid Access Addiction Clinic (RAAC) - Support for opiate use concerns and replacement treatment. Call (250) 519- 3776
- Peer Support Workers – Support from people with lived MHSU experience. Call CARES to book.

How to access? Please call the CARES Clinic, or have your primary care provider fax in a referral.

Eligibility varies per program. Phone: (250) 519-3485 Address: 1119 Pembroke St.

[Citizens' Counselling Centre](#): Quality, affordable counselling for individuals, couples & groups.

[Community-Led Crisis Response Team \(CLCR\)](#): The Community-Led Crisis Response Team (CLCR), a program of AVI Health and Community Services is funded by the Province of British Columbia and the Canadian Mental Health Association. CLCR is a peer-assisted care program and a mobile crisis response team led by persons with lived/living experience and mental health professionals, who are able to de-escalate crises and develop community care plans with persons experiencing crisis.

CLCR services are currently delivered between 2pm and 9pm, Monday through Friday.
Phone: 250-818-2454.

[Healing in Colour](#): Provides a directory of therapists who are dedicated to supporting BIPOC across all identities and intersections. The initiative upholds values of being pro-queer, protrans, pro-sex worker, pro-Black, pro-Indigenous, and anti-colonial.

[Health Link BC](#): Non-emergency health information and advice line. Speak with a registered nurse who can provide you with health advice, information on healthcare services, and guidance on care options for your situation. Phone: 811

[Inter-Cultural Association of Greater Victoria](#): Workshops and training, immigrant services, language training, employment services, LGBTQI2S+ Services.

[Island Sexual Health Society](#): Island Sexual Health offers sexual health services, education, and support. They provide a range of services including STI testing, birth control consultations, sexual health counseling, and LGBTQ+ support. Phone: 250-592-3479

[Lawyers Assistance Program of BC](#): Confidential outreach, education, support and referrals to lawyers and other members of the legal community in BC, including law students.

[Maple](#): Through the website, users can schedule appointments to speak with a licensed physician via secure video calls or messages. Maple offers convenient access to medical advice, prescriptions, and referrals. Maple also offers information and access to mental health treatment services through virtual consultations with healthcare providers:

<https://www.getmaple.ca/conditions/mental-health-treatment/>

[Medimap](#): Medimap.ca is a website for finding walk-in clinics and booking appointments in Victoria, BC. Locate nearby clinics and reserve a spot in line remotely for some locations.

[NEED2](#): Suicide prevention education & support by phone available between 6:00pm and midnight, available in BC and worldwide. Support group options available for youth and adults. They offer workshops and resources, including a [Suicide Loss Peer Support Group](#).

[Office of the BC Ombudsperson](#) – The Ombudsperson’s Office is available for consultations complaints and fairness concerns regarding local and provincial public sector organizations. Services are free, confidential and available in multiple languages.

ADHD Private Assessment:

*Contact UVSS health plan to see what coverage options are available for private psychology:
<https://studentcare.ca/>

- Dr. Claire Sira: Website: <https://www.drclairesira.ca/>
- Coaching group: Website: <https://adhdforlife.com/>
- Paul Brennan, R Psych Website: <https://victoriatherapist.com/>
- Adult ADHD Centre *\$300 not reimbursable under UVSS plan* Website: <https://adultadhdcentre.com/>
- Dr. Kathleen Goodall Address: 321-1095 McKenzie Ave, Victoria, BC V8P 2L5 Phone: (250) 382-2005
- *V Beyond ADHD: Website: <https://beyondadhd.ca/>
- First Nations Health Authority Phone: (604) 693-6500 Email: info@fnha.ca

[Poison Control Centre](#) Call 1-800-567-8911

[Rocket Doctor:](#) Through this website, people in BC can schedule appointments to see a doctor remotely, allowing them to receive medical advice and prescriptions without visiting a physical clinic. Phone Number: 1-867-670-2273.

[Telus Health:](#) Provides virtual care platforms for remote consultations, access to medical records, test results, prescription refills, and health educational resources.

[Tia Health:](#) Users can schedule appointments with doctors, specialists, and allied healthcare providers, allowing them to receive medical advice, prescriptions, and referrals remotely.

[BC Association of Clinical Counsellors](#) Resources for finding a therapist.

[Vancouver Island Queer Resource Collective:](#) Helping queer folks from all walks of life find the resources and support they need.

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