

The loss of a faculty member can affect students, staff, and faculty in different ways.

Resources Available On Campus

Counselling Services

Phone: 270-721-8341

Email: counsell@uvic.ca

Located on the 2nd floor of University Centre, Suite B270

Counselling Services can meet with students who have been personally impacted by this loss and who may need supporting adjusting to the impact of this loss in their life

- All of their counselling and mental health services are initially accessed through 30-minute walk-in sessions. To connect with a counsellor, come to their front counter during walk-in times for a 30-minute intake appointment that day.
- **Walk in schedule:** Monday, Wednesday, Friday: 9:00am to noon & 1:00pm to 4:00pm, Tuesday and Thursday: 1:00pm to 4:00pm. Names are taken at **8:30am and 12:30pm**. The walk-in's are a **first-come, first-serve** so come before 8:30am and 12:30pm.
- If students already have a relationship with a counsellor and would like to start seeing them again, they may contact their counsellors directly to schedule an appointment.

Multifaith Services

Phone: 250-721-8338

Email: chaplain@uvic.ca

Location: UVic Interfaith Chapel, south-west edge of campus near Finnerty Gardens

Multifaith Services provides religious support and spiritual care to impacted students and staff, emphasizing spiritual wisdom and faith perspectives for coping and healing.

- Chaplains and representatives are appointed by local faith communities. Their team includes Bahà'í, Buddhist, Christian, Jewish, Muslim and Unitarian appointees
- Chaplains provide office hours for student drop-in on Monday to Wednesday, between 8:30am and 3:00pm, and on Thursday and Friday between 8:30am and 2:00pm.

Health Services

Phone: 250-721-8492

Email: moa@uvic.ca

Located in the Jack Petersen Health Centre

(Lower Parking Lot #5 off Sinclair Rd.)

Health Services can offer pre-booked physician and nurse appointments to students for full service care, including discussing a health issue, beginning a treatment plan, or providing follow-up for care already underway

- Students can call 250-721-8492 to book their medical appointment
- If a student is in serious distress, phone and ask to speak with a nurse urgently, or come to the clinic for an urgent nurse appointment

Resources Available in the Community

Victoria Hospice Society

3rd Floor, Richmond Pavilion
1952 Bay Street
Victoria, BC
Ph: 250-370-8715

Services focus on helping individuals understand grief and adjust to their loss. Services include telephone support; in-person counselling; a variety of bereavement support groups, including drop-in and journal groups; information and education; and referrals where appropriate. Support is provided by volunteers and professional counsellors for individuals and families.

The BC Bereavement Helpline (BCBH)

Ph: 1-877-779-2223 or 604-738-9950

A non-profit, free, and confidential service that connects the public to grief support services within the province of BC. Services include information on bereavement support groups, agencies, and peer-based support. Calls are free, confidential, and anonymous. Caring volunteers can help individuals find the most appropriate support for their specific type of loss.

Vancouver Island Crisis Line

Ph: 1-888-494-3888

The Vancouver Island Crisis Line offers 24-hour crisis line service. It operates 365 days a year. Crisis workers provide short-term non-judgmental emotional, support, crisis intervention, information, and resources.

Online Resources

Youthspace.ca

A diverse community of trained volunteers who are available to listen and help individuals cope with difficult experiences. Youth under 30 from across Canada are welcome in the Live Chat, which runs 6pm-midnight Pacific Standard Time every night, and which can be accessed through the Youthspace.ca website, or by texting 778-783-0177.

Crisis Text (provided by the Vancouver Island Crisis Line)

Crisis Text services provide non-judgmental emotional support via online SMS texting services, as well community resource links. Services are available 7 days a week from 6pm to 10pm. Text 250-800-3806.