

Resources and Supports

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There are a variety of resources to connect with on-campus and off-campus for information and support. If you would like assistance to connect with any of these resources, please let anyone from our office know.

On-Campus Resources

Campus Security

Provides 24-hour first responders to all manner of 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.

Location: Campus Security Building

Phone: 250-721-7599 (*emergency and Safewalk*) or 250-721-6683 (*non-emergency and Campus Alone*)
250-721-8981 (*Personal Safety Coordinators*)

Email: psc@uvic.ca (*Personal Safety Coordinators*)

Website: uvic.ca/security

Counselling Services

Provides free, confidential, individual and group counselling to support personal, career, and learning concerns for UVic degree program students.

Location: University Centre, B270

Phone: (250) 721-8341

Email: counsell@uvic.ca

Website: uvic.ca/services/counselling

Office of Student Life

Works with members of the university community to help resolve student conduct concerns and strives to implement fair and efficient misconduct resolution processes with an emphasis on informal resolution and educational outcomes.

Location: University Centre, B202

Phone: 250-472-5617

Email: conduct@uvic.ca

Website: uvic.ca/studentlife

Office of the Ombudsperson

The Ombudsperson's office is an independent, impartial, and confidential resource for students and other UVic community members to help resolve student problems or disputes fairly.

Location: Student Union Building, B205

Phone: 250-721-8357

Email: ombuddy@uvic.ca

Website: uvicombudsperson.ca

Health Services

Services include appointments with physicians, nurses and other health practitioners; limited urgent care and first aid services, specialist referrals, telephone advice, and a doctor-on-call service for students (after hours, weekends, holidays).

Location: Jack Petersen Health Centre in Residence



Phone: (250) 721-8492
Email: heal@uvic.ca
Website: uvic.ca/health

Resource Centre for Students with a Disability

Offers support and services to students with learning disabilities, mental health issues, physical/sensory disabilities and chronic health conditions in order to create accessible, equitable, and inclusive learning environments.

Location: Campus Services Building, 150
Phone: 250-472-4947
Email: inforcsd@uvic.ca
Website: uvic.ca/services/rcsd

Equity and Human Rights Office

Provides educational programs, investigates human rights complaints and assists members of the university community with dispute resolution.

Location: Sedgewick Building, C115
Phone: 250-721-7007
Website: uvic.ca/eqhr

Residence Life and Education

The Residence Life Team works to uphold the Community Standards for students living in residence. Community Leaders provide conflict mediation/resolution, crisis intervention and a safe space for residence students to talk.

Location: Craigdarroch Residence Office
Phone: 250-472-4144/250-721-8395
Email: reslife@uvic.ca
Website: uvic.ca/residence

Anti-Violence Project (AVP)

Provides anti-oppressive and sex-positive services to address and resist all forms of violence, particularly gender-based, including one-on-one support, advocacy and preventative action for people of all genders.

Location: Student Union Building, B027
Phone: 250-472-4388
Email: info@antiviolenceproject.org
Website: antiviolenceproject.org

University of Victoria Student Society (UVSS) and Advocacy Groups

Works with and on behalf of students to promote their interest and rights. Advocacy groups raise awareness and empower students to create change.

Location: Student Union Building
Website: uvss.ca
Emails: UVic Pride: pride@uvic.ca
The Third Space: wcentre@uvss.ca
Students of Colour Collective: socc@uvss.ca
Native Students Union: uvicnsu.ca
Society for Students with a Disability: uvicssd@uvic.ca

Uvic Graduate Student Society

Offers a range of services, information and advocacy for graduate students and represents their interests to the university.

Location: Halpern Centre, 102

Website: gss.uvic.ca

Positive Space Network (PSN)

A network of students, faculty, staff and alumni working to make UVic safer and more inclusive for people of all genders and sexualities. The PSN seeks to work with and strengthen existing services at UVic by creating a network that connects people working toward inclusion, promotes best practices, and provides support and resources for individuals.

Email: psn@uvic.ca

Website: uvic.ca/psn

Off-Campus Resources (Community Resources)

Vancouver Island 24-hour Crisis Line

A 24-hour telephone crisis line that provides confidential emotional support and non-judgmental acceptance during times of crisis, information about community resources, and education to promote community wellness and reduce the incidence of suicide.

Phone: 1-888-494-3888

Suicide Hotline in BC

Phone: 1-800-784-2433 (1-800-SUICIDE)

Saanich Police Department

Location: 760 Vernon Ave.

Phone: (250) 475-4321

Website: saanichpolice.ca

Oak Bay Police Department

Location: 1703 Monterey Ave.

Phone: (250) 592-2424

Website: oakbay.ca/public-safety/police-department

Greater Victoria Police Victim's Services

Works with police to provide emotional and practical support for victims of crime and trauma.

Phone: 250-995-7351

Website: <http://www.gvpvs.org/>

Victoria Sexual Assault Centre

Provides services to women and trans survivors of sexual assault and childhood sexual abuse. Services include a 24-hour crisis line, sexual assault clinic, accompaniment to hospital and/or police for recent survivors of sexual assault, and counselling.

Location: #201 - 3060 Cedar Hill Rd.

Phone: 250-383-3232 (24hr line) 250-383-5545

Email: info@vsac.ca

Website: vsac.ca

Victoria Native Friendship Centre

We are available to help all Aboriginal people living in the southern Vancouver Island, or those accessing health services of the Vancouver Island Health Authority – South Island.

Location: 231 Regina Avenue

Phone: 250-384-3211 **Fax:** 250-384-1586

Email: info@vsac.ca

Website: <http://www.vnfc.ca/programs-services/health-services>

Victoria Women's Transition House Society

Emergency shelter and counselling for abuse women, with or without children. 24-hour crisis line.

Location: #100 - 3060 Cedar Hill Rd.

Phone: 250-592-2927 **Fax:** 250-592-9279

Coast Salish Territory

Website: <http://www.transitionhouse.net/>

Victoria Child Abuse Prevention and Education Centre – Mary Manning Centre

Our centres provide services to all children, youth, and families who have been impacted by abuse, trauma, or violence inclusive of individuals of all diverse abilities, bodies, races, ethnicities, culture, genders, sexualities, orientations, identities, religions, and spiritualities.

Location: #210 – 1175 Cook Street

Phone: 250-385-6111 **Fax:** 250-386-8111

Website: <http://www.marymanningcentre.com/>

Men's Trauma Centre

Provides psychological and practical support to men (and their significant others) who suffer from the effects of physical, emotional or sexual trauma. Services include counselling, victim support, community education, and collaboration with other agencies to provide case management.

Location: #102 - 1022 Pandora Ave.

Phone: 250-381-6367

Email: info@menstrauma.com

Website: menstrauma.com

Citizen's Counselling Centre

Assists community members in attaining socially and psychologically satisfying lives by providing high quality, accessible volunteer counselling services.

Location: 941 Kings Rd.

Phone: 250-384-9934

Email: info@citizenscounselling.com

Website: citizenscounselling.com

The Law Centre

As a service of the University of Victoria's Faculty of Law, the Law Centre provides advice, assistance and representation to clients who cannot afford a lawyer.

Location: 850 Burdett Ave. Suite 225

Phone: 250-385-1221

Website: thelawcentre.ca

Island Sexual Health Society

Offers sexual health clinics and sex education programs for all genders, orientations, identities, and ages in Greater Victoria.

Location: #101-3960 Quadra Street, Victoria

Phone: 250-592-3479

Email: info@islandsexualhealth.org

Website: islandsexualhealth.org

Need 2

Works every day to prevent deaths by suicide through their community programs and their online presence. They provide accessible emotional and crisis support by engaging the community and advancing the dialogue.

Phone: 250-386-6328

Email: admin@need2.ca

Website: <https://need2.ca/need-assistance/urgent/>

Online Resources

Coping with Suicidal Thoughts

<http://www.sfu.ca/carmha/publications/coping-with-suicidal-thoughts.html>

HeretoHelp.bc.ca

<http://www.heretohelp.bc.ca/ask-us/i-have-thoughts-of-suicide-or-someone-i-care-about-is-talking-about-suicide>

Canadian Association for Suicide Prevention

<http://www.suicideprevention.ca>

International Association for Suicide Prevention

http://www.iasp.info/resources/Feeling_Suicidal_/

Live Through This

www.livethroughthis.org

Your Life Counts

www.yourlifecounts.org