











RESOURCES: CAMPUS & COMMUNITY






University Resources



Resource	Contact Information	Information	Website
Campus Security and Personal Safety	250-721-7599 uvic.ca/security	<p><i>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.</i></p>	
Career Services	250-721-8421 careers@uvic.ca uvic.ca/career-services	<p><i>Career Services serves students and alumni through one-on-one meetings, online career programs, in-person workshops and events throughout the year.</i></p>	
Centre for Accessible Learning (CAL)	250-472-4947 calfrontdesk@uvic.ca uvic.ca/accessible-learning	<p><i>Works with students and faculty to promote educational equity and accessibility for students with disabilities program by providing and coordinating academic accommodations for students.</i></p>	
Centre for Athletics, Recreation and Special Abilities (CARSA)	250-472-4000 vikesrec.ca	<p><i>Houses the gym, rock climbing wall, recreation classes, Vikes Athletics, intramurals, and more.</i></p>	
Co-operative Education	250-721-6581 coopinfo@uvic.ca uvic.ca/coop	<p><i>Co-operative education (co-op) lets you try out career options and gain valuable paid work experience while earning credits towards your degree.</i></p>	

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Equity & Human Rights Office (EQHR)	250-721-8488 Eqhr01@uvic.ca uvic.ca/equity	<i>Provides support and response options under the Sexualized Violence Prevention & Response policy and Discrimination & Harassment policy.</i>	
First Peoples House (FPH)	250-472-4913 uvic.ca/indigenous/students	<i>Home-away-from-home for Indigenous students providing a safe space for learning, sharing and community building.</i>	
Graduate Students' Society (GSS)	250-472-4543 https://gss.uvic.ca/	<i>Provides peer supports from fellow grad students. Social events at the Grad House and Side Project Café. Free study rooms for grad students.</i>	
International Centre for Students (ICS)	250-721-6361 uvic.ca/international-experiences	<i>Centralized team providing international services, information and programs for undergraduate and graduate students (from pre-arrival to degree completion).</i>	
Learning & Teaching Support and Innovation (LTSI)	250-721-8571 uvic.ca/learningandteaching	<i>Offers a range of resources and supports for undergraduate and graduate students to excel in their studies. Virtual center for online, blended and in-person learning.</i>	
McPherson Library	250-721-8230 (call) 778-718-5745 (text) uvic.ca/library	<i>Quiet spaces to study, study rooms, printing and computer access. Access to books and other library resources. Houses the Centre for Academic Communications and Learning Commons.</i>	

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Office of the Ombudsperson	250-721-8357 ombuddy@uvic.ca uvicombudsperson.ca	<i>Provides an independent, impartial, and confidential resource for students and other UVic community members to help resolve student problems or disputes fairly.</i>	
Office of Student Life	250-472-5617 Studentlife@uvic.ca uvic.ca/studentlife	<i>Coordinates orientation and student leadership programming. Provides long-term support to students through referrals. Works with members of the university community to help resolve student conduct concerns under the Resolution of Non-Academic Misconduct Allegations policy.</i>	
Student Awards and Financial Aid (SAFA)	250-721-8121 uvic.ca/safa	<i>Information about funding sources, expected costs, and strategies for budgeting. Support with loans, grants, scholarships, bursaries, and the work-study program.</i>	
Student Wellness Centre (Health, Counselling and Multifaith Services)	250-721-8563 uvic.ca/student-wellness	<i>Book an appointment with a counsellor, nurse, physician, spiritual care provider and more. Same day and pre-booked appointments available.</i>	
SupportConnect	Toll-free: 1-844-773-1427 International collect calls: 1-250-999-7621 SupportConnect.ca	<i>SupportConnect is a confidential mental health support service available free of cost to UVic students. Students can connect with qualified counsellors, consultants, and life coaches via video and in-person 24/7.</i>	







UVSS Supports






Resource	Contact Information	Information	Website
The Anti-Violence Project (AVP)	778-400-5007 (support) 250-721-8080 (office) info@antiviolenceproject.org antiviolenceproject.org	Offers support services to people of all genders who have experienced gender-based violence themselves, are supporting someone who has, and to people who have committed harm and seek to change their actions.	
BIPOC support hub	outreach@uvss.ca uvss.ca/bipoc-support-hub	UVSS compiled resources for BIPOC students.	
The Gender Empowerment Centre (GEM)	250-721-8353 genderempowermentcentre.ca	Inclusive space for self-identified women, non-binary, trans, and gender nonconforming folks. Provides resources, workshops, events, and more.	
Native Student Union (NSU)	coordinator@uvicsu.ca uvicsu.ca	Runs events and programs, manages a student space with services, and advocated for Indigenous student success and wellness at UVic.	
Peer Support Centre	peersupport@uvss.ca uvss.ca/peer-support-centre	Safer space created to be inclusive and comfortable for students. Trained student volunteers offering non-judgemental, empathetic and confidential support.	




Pride Collective	250-472-4393 pride@uvic.ca pridecollective.ca	<i>Advocacy group for 2SLGBTQIA+ folks.</i>	
Students of Colour Collective (SOCC)	250-472-4697 socccollective.com	<i>Anyone identifying as BIPOC (Black, Indigenous and Person of Colour) is welcome to use lounge and get access to resources.</i>	

Community Supports

Resource	Contact Information	Information	Website
Citizens' Counselling Centre of Greater Victoria	250-384-9934 info@citizenscounselling.com citizenscounselling.com	<i>Offers affordable, accessible counselling to adult residents of Greater Victoria. All counselling is offered by volunteer counsellors trained and supervised by the Centre with a sliding fee scale based on family income.</i>	
Cool Aid Shelters and Transitional Housing	250-383-1977 society@CoolAid.org coolaid.org	<i>Provides emergency shelters and transitional housing, as well as access to stabilizing services.</i>	
Disability Resource Centre	250-595-0044 reception@drvictoria.com drcvictoria.com	<i>Supports and programs for people with disabilities to increase independent living and integration in all aspects of community.</i>	

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Esquimalt Neighbourhood House Society	250-360-0644 info@enh.bc.ca enh.bc.ca	<i>Provides free mental health and supportive counselling for adults and youth, as well as family support.</i>	
Find a Food Bank	foodbanksbc.com	<i>A list of food banks across the province.</i>	
Healing in Colour	healingincolour.com	<i>A support that provides people of colour therapists available online.</i>	
KUU-US Crisis Line	Adults: 250-723-4050 Youth: 250-723-2040 Toll Free: 1-800-588-8717 Métis Line: 1-833-638-4722 kuu-uscrisisline.com	<i>Support provided to Indigenous people throughout B.C. NEW: Text and chat support also available</i>	
Meals and Food Banks	victoriahomelessness.ca	<i>A list of meals and food banks available in the Greater Victoria area.</i>	
Men's Therapy Centre	250-381-6367 menstrauma.com	<i>Supports available for men* to heal from the effects of trauma.</i>	

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		<i>*man/male/boy includes cis, gay, bi-sexual, trans, non-binary, 2spirit, queer, gender fluid+.</i>	
PEERS	250-388-5325 admin@peers.bc.ca safersexwork.ca	<i>Outreach, harm reduction and education services for people in the sex industry.</i>	
Support Network for Indigenous Women & Women of Colour (SNIWWOC)	250-277-2545 info@sniwwoc.ca	<i>Supports the building of connection and community, providing access to key healthcare and community resources, sharing valuable educational resources. Committed to the empowerment of women.</i>	
Together Against Poverty Society (TAPS)	250-361-3521 info@tapsbc.ca tapsbc.ca	<i>Legal advocacy, support with income assistance, disability matters, residential tenancy disputes and employment standards complaints.</i>	
Trans Lifeline	1-877-330-6366 translifeline.org	<i>A support line for transgender/non-binary people experiencing crisis.</i>	
Vancouver Island Counselling Centre for Immigrants & Refugees (VICCIR)	778-404-1777 viccir.org	<i>Counseling supports for individual, couples and family. Fees are on a sliding scale. Interpreters are available.</i>	

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Vancouver Island Crisis Line	1-888-494-3888 vicrisis.ca	<i>This crisis line provides confidential emotional support and non-judgmental acceptance during times of crisis and information about community resources. Supports those who need to talk with someone immediately (e.g., due to an emotional crisis including thoughts of suicide).</i>	
Victoria Brain Injury Society	250-598-9339 admin@vbis.ca vbis.ca	<i>Provides supports, education, advocacy and housing assistance for people who've experienced concussions, strokes, aneurysms, and other types of Acquired Brain Injuries.</i>	
Victoria Native Friendship Center (VNFC)	250-384-3211 (reception) reception@vnfc.ca 250-940-2669 (primary care clinic) vnfc.ca	<i>Support for all Aboriginal people living in southern Vancouver Island. VNFC offers mental health and addictions counselling, mental health liaison support, physical health support, family programming.</i>	
Victoria Sexual Assault Centre	Service access line: 250-383-3232 vsac.ca	<i>Counselling supports for women and all transgender survivors of sexual assault and childhood sexual abuse.</i>	
Victoria Women's Transitional Housing	Crisis Line: 250-385-6611 transitionhouse.net	<i>Support and information for women who are either experiencing abuse or have experienced abuse in the past.</i>	