



PSYC 260 (A01) – CRN 31359 Introduction to Mental Health and Wellbeing Summer 2026

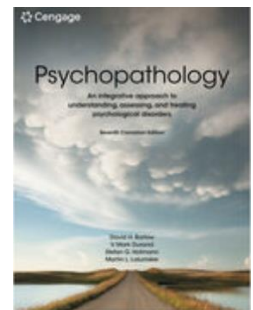
Instructor	Teaching Assistant
Dr. Jill Robinson, R. Psych., Assistant Teaching Professor/Clinic Director, Department of Psychology (<i>she/her</i>)	
Office:	
Email:	
Phone:	
Office Hours:	Email for appointments

Prerequisites PSYC100A and PSYC100B

Class Time May 11 – June 3, 2026 (Mon to Friday) 230pm – 430pm

Classroom Cornett B143

Required Text An Integrative Approach to Understanding, Assessing, and Treating Psychological Disorders (2023). 7th Edition. Cengage.



Course Website You will find slides, assignments, and course announcements posted on Brightspace. <https://bright.uvic.ca/d2l/home/478556>

Land Acknowledgement We acknowledge and respect the Lək'wəŋən (Songhees and Xwsepsəm/Esquimalt) Peoples on whose territory the university stands, and the Lək'wəŋən and W̱SÁNEĆ Peoples whose historical relationships with the land continue to this day.

Course Description and Learning Outcomes

This course will present students with an overview of psychopathology, mental health, and wellbeing, with an emphasis on the broad categories of mental health disorders. Topics include defining the continuum of behaviour, the development of diagnosis, and theories about mental illness. We will explore various categories of psychopathology included in the DSM-5-TR such as disorders of anxiety, mood, substance use, and trauma. The prevalence, development, course, assessment, and treatment of psychological disorders will be covered. Theory and research will be emphasized throughout the course.

After completing this course, you will be able to:

1. Understand and differentiate the continuum of behaviour with regards to mental health and mental illness.
2. Describe the contributions of several theoretical perspectives and evaluate the research evidence that mental illness is impacted by social, biological, cognitive, emotional, behavioural, and cultural factors.



3. Demonstrate an understanding of the classification systems and diagnostic criteria used to categorize psychopathology.
4. Define and describe the broad categories of mental disorders and their symptoms, causes, and treatments.
5. Demonstrate critical thinking skills as it applies to differentiating between mental disorders of different and the same category and what evidence-based treatments may be applicable.
6. Evaluate commonly held attitudes/biases/understandings of mental illness and alongside causes and treatments.

Course Evaluation and Grades		
Students who have completed the following elements (A, B, and C are required components) will be considered to have completed the course:		
A. Exam #1	25%	The exam will cover all content from Chapter 1, 2, 5, 6 inclusive , including content from lectures and readings. The exam is closed book, in-person, and written.
B. Exam #2	25%	The exam will cover all content from Chapter 7, 8, 9 inclusive , including content from lectures and readings. The exam is closed book, in-person, and written.
C. Exam #3	25%	The exam will cover all content from Chapter 12, 13, 14 inclusive , including content from lectures and readings. The exam is closed book, in-person, and written.
D. Case Studies on Brightspace	15% (3 of 4; 5% each)	Case studies will require you to think critically about the course materials to integrate information from the class and textbook. You will answer specific questions and provide responses on Brightspace. Late submissions will not count toward your mark nor can you make these up if you forget or need an extension. You can skip 1 case study and still receive full marks <u>so plan accordingly and do not leave it to the last minute.</u>
E. Engagement Boosters	10% (10 of 14; 1% each)	Engagement boosters will require you to respond to a topic related to course material that day. You will be asked to do a variety of activities (e.g., watch a video, write a brief reflection, listen to a podcast, debunk a social media myth, view a “scammy website”) on Brightspace each day (except exam days). To receive full marks, you need to respond to 10 out of 14 prompts (each worth 1%) by 11:59pm each class day. Late submissions will not count toward your mark nor can you make these up if you forget or need an extension. You can skip 4 days and still receive full marks <u>so plan accordingly and do not leave it to the last minute.</u> Submission and instructions are on Brightspace.
F. SONA (optional)	+ 2%	See below for explanation of how to participate in SONA.

Failure to complete one or more of elements A, B, and C will result in a grade of “N” regardless of the cumulative percentage of all other elements of the course. N is a failing grade and factors into GPA as a value of 0. In accordance with the University’s policy on academic concessions, “*A student who completes all course requirements is not eligible for an academic concession*”. Consequently, students can only request deferrals for the completion of required course components and not for



non-essential course components. *Students have the responsibility to proactively seek advice when facing unexpected and unavoidable circumstances and conflicting responsibilities interfere with their academic obligations.*

Course Schedule

The below schedule should be considered tentative as the pace of the course and content covered each class may vary throughout the term. The examination dates will remain fixed. All assigned readings are to be completed before the class that they are attached to. Please see Important Dates section for due dates.

Class Dates	Topic	Text Chapters
May 11, 2026	Introduction to Mental Health/Illness	Chapter 1
May 12, 2026	Integration in Psychopathology	Chapter 2
May 13, 2026	Anxiety	Chapter 5
May 14, 2026	Preoccupation and Obsession	Chapter 6
May 15, 2026	Exam #1	Chapters 1, 2, 5, 6
May 19, 2026	Trauma & Dissociation	Chapter 7
May 20, 2026	Trauma & Dissociation	Chapter 7
May 21, 2026	Mood	Chapter 8
May 22, 2026	Mood; Eating	Chapter 8
May 25, 2026	Eating	Chapter 9
May 26, 2026	Exam #2	Chapters 7, 8, 9
May 27, 2026	Substance Use	Chapter 12
May 28, 2026	Substance Use	Chapter 12
May 29, 2026	Psychosis	Chapter 14
June 1, 2026	Psychosis; Personality	Chapter 14
June 2, 2026	Personality	Chapter 13
June 3, 2026	Exam #3	Chapters 12, 13, 14

Important Dates	
Each night (except on Exam days) by 11:59pm	Engagement Booster Activity (see description)
May 15, 2026	Exam #1
May 16 @ 11:59pm	Case Study 1 on Brightspace
May 18, 2026 – all day	No classes/University closed – Victoria Day
May 23 @ 11:59pm	Case Study 2 on Brightspace
May 26, 2026	Exam #2
May 28, 2026 @ 11:59pm	Case Study 3 on Brightspace
June 1, 2026 @ 11:59pm	Case Study 4 on Brightspace
June 3, 2026	Exam #3

SONA Research Participation

Students in this course may earn up to 2% extra credit toward their final grade by participating in approved research studies conducted in the Department of Psychology. One (1) hour of participation earns students one (1) SONA credit and credits are given in 0.5 increments, with one (1) credit required for a 1% increase in the student's final grade. There is a one (1) SONA bonus credit for in-person experiments regardless of the overall participation time. For details on participating in research studies, go to the Department of Psychology web site:



<https://www.uvic.ca/socialsciences/psychology/research/participants/> You must be sure to assign your credits to this course (and this section of the course) no later than the last day of class, otherwise you will not receive extra credit in this course. If you do not wish to participate in research but still wish to have the opportunity to earn an equivalent amount of extra credit, I will provide an alternative written assignment upon your request, to be submitted before the final class. You must email a request for the written assignment in advance of the last class and must complete the assignment within 48 hours of the last class.

Helpful Links for Undergraduate Students

- The University of Victoria Psychology Clinic provides therapy and assessment or a variety of concerns on a sliding scale: <https://onlineacademiccommunity.uvic.ca/psychologyclinic/>
- What to do with a psychology undergraduate degree: <https://usemyspsychdegree.my.canva.site/uvic>
- How to get involved with research: <https://researchtips.my.canva.site/>

Expected Student Conduct

Respectful Behaviour Throughout the course, students and the instructor may choose to share or disclose personal information. It is important for you to consider what and when you share. There is no way to guarantee confidentiality in a large in-person class and as such, please evaluate your self-disclosures carefully. The ability to maintain this stance is necessary to ensure the safety of all individuals. Further, I support an inclusive classroom experience where diversity and individual differences are understood, respected, appreciated, and recognized to be a source of strength. I expect that students, instructors, and teaching assistants will show the utmost respect for individual differences. Please let me know if something said or done in the classroom, by either myself or other students, is particularly troubling or causes discomfort or offense. In extending respect, I endeavor to create a positive learning experience by being available to answer questions, discuss materials, and foster your learning experience. I attempt to respond to emails within 2 business days (please resend after this time period).

Sensitive Content The university classroom provides an open space for the critical and civil exchange of ideas. Some course content will include topics that some students may find difficult to learn about. Each student and each topic are different and as such, I cannot provide a “trigger warning” for all the sensitive topics in this course. Please ensure that you consider the topics to be discussed and determine if you have the emotional capacity and tolerance to engage in this course at the present time. I will not provide alternative assignments or readings, as I aim to provide a comprehensive survey of mental health and wellbeing topics in order to meet the learning objectives set out for this course and psychology undergraduate education. Resources for support and wellbeing are provided at the end of the syllabus.

Attendance It is expected that you will attend all classes. If, due to unforeseen circumstances, you must miss a class, please obtain the missed material from a classmate. I can provide information on specific questions, but a make-up class or class notes will not be provided. The teaching assistant is also able to answer content-related questions.

Missed Exams/Assignments **You are expected to write the exams and complete assignments on the dates set out in the Course Schedule.** The is a content-heavy, time-limited course and it serves students well if they do not miss deadlines and plan accordingly to complete their work on time. If you miss a deadline/exam for an emergency, due to serious illness, or accident, **please**



contact me as soon as possible (no later than 24 hours after the exam). If you do not contact me within 24 hours of a missed exam, you will receive a 0 on the exam. For all exam makeups, you must fill out a Request for In-Course Extension form from the link below. Makeup exams will be granted only in extenuating circumstances such as significant illness or accident. If you miss an exam, it is your responsibility to make it to the make-up session with the TA after the exam regardless of your schedule or other commitments. Failure to do so will mean that you'll have to take your exam at the next make-up session.

You must write all exams for this course. Failure to do so will result in an N (fail grade). Travel plans and personal inconveniences (e.g., having more than one assignment due at the same time, having your friend visiting, work scheduling conflicts, being hungover, it being a nice beach day, bad “vibes”, or having a sore pinky toenail) will not be accommodated. Students who miss the final examination (Exam #3) should make a request for academic concession (see Course Policy Information). No extensions or make-ups are given on the case studies or engagement boosters as there is flexibility in the number of required completions for each respective assignment. Please plan accordingly!

Request for In-Course Extension Form:

https://www.uvic.ca/students/academics/academic-concessions-accommodations/request-for-academic-concession/forms/uvic_undergraduate_request_for_in-course_extension.pdf

Accommodations The University of Victoria is committed to creating a learning experience that is as accessible as possible. If you are registered with the Centre for Accessible Learning and anticipate or experience any barriers to learning in this course, please feel welcome to discuss your concerns with me. If you are a student with a disability or chronic health condition, you can meet with a CAL advisor to discuss access and accommodations.

Add/Drop Dates: <https://www.uvic.ca/calendar/future/undergrad/index.php#/policy/BJxDO92eP>

UNIVERSITY OF VICTORIA

Department of Psychology Important Course Policy Information Summer Session 2026

Accessible Learning

The University of Victoria is committed to creating a learning experience that is as accessible as possible. If you are registered with the [Centre for Accessible Learning](#) and anticipate or experience any barriers to learning in this course, please feel welcome to discuss your concerns with me. If you are a student with a disability or chronic health condition, you can meet with a CAL advisor to discuss access and accommodations.

Attendance and Absences

Attendance is important. Students who do not attend their classes during the first two weeks (and do not inform the instructor of valid circumstances that prevent their attendance) may be dropped from both class registration and the waitlist.

Students are expected to attend all classes in which they are enrolled. Students may be assigned a final grade of N or debarred from writing final examinations if they fail to satisfy a minimum attendance requirement set by the instructor for lectures, laboratories, online course discussions or learning activities, tutorials, or other learning activities set out in the course outline.

Medical documentation for short-term absences is **not required** (approved by Senate). Students who cannot attend due to illness are asked to notify their instructors immediately. If illness, accident, or family affliction causes a student to miss the final exam or to fail to complete any required assignment/assessment by the end of the term students are required to submit a request for academic concession (see below).

Children and Pets

If you need to bring your children or pet to class, please do not hesitate to do so. It is understood that sometimes this is necessary due to care circumstances. However, please aim to have minimal class disturbance so that student learning is not impacted.

Class Recording and Auto-Captioning Statement

The instructor may record class sessions and those recordings may be made available to all students in the class via Brightspace. If you have questions or concerns regarding class recording and privacy, please contact privacyinfo@uvic.ca

Auto-generated captioning may be enabled in this course. Auto-captioning is highly error-prone, especially for specialized terminology and proper names. Students are asked to refer to the audio feed for clarification of any errors. If you find captioning errors that are offensive, please contact your instructor and/or teaching assistant so that they are aware. If you require captions as part of an academic accommodation, please contact [CAL](#).

Commitment to Inclusivity, Diversity, and Respectful Environments in the Classroom and Online

The University of Victoria is committed to providing a positive and supportive and safe learning and working environment for all its members. All members of the university community have the right to this experience and the responsibility to help *create* such an environment. The University will not tolerate racism, sexualized violence, or any form of discrimination, bullying, or harassment.

Please be advised that, by logging into UVic's learning systems or interacting with online resources and course-related communication platforms, you are engaging in a University activity.

All interactions within this environment are subject to the university expectations and policies. Any concerns about student conduct may be reviewed and responded to in accordance with the appropriate university policy.

To report concerns about online student conduct: onlineconduct@uvic.ca

Copyright

All course content and materials are made available by instructors for educational purposes and for the exclusive use of students registered in their class¹. The material is protected under copyright law, even if not marked with ©. Any further use or distribution of materials to others requires the written permission of the instructor, except under fair dealing or another exception in the Copyright Act. Violations may result in disciplinary action under the [Resolution of Non-Academic Misconduct Allegations policy \(AC1300\)](#) or the [Academic Integrity Policy](#), whichever is more appropriate for the situation.

Student Experience of Learning (SEL) Survey

I value your feedback on this course. Toward the end of term, you will have the opportunity to complete a confidential Student Experience of Learning (SEL) survey regarding your learning experience. The survey is vital to providing feedback to the instructor regarding the course and their teaching, as well as to help the department improve the overall program for students in the future. When it is time for you to complete the survey, you will receive an email inviting you to do so. If you do not receive an email invitation, you can go directly to <http://sel.uvic.ca>. You will need to use your UVic NetLink ID to access the survey, which can be done on your laptop, tablet or mobile device. You will be reminded nearer the time, but please be thinking about this important activity, especially the following three questions, during the course.

1. What strengths did your instructor demonstrate that helped you learn in this course?
2. Please provide specific suggestions as to how the instructor could have helped you learn more effectively.
3. Please provide specific suggestions as to how this course could be improved.

Disclaimer

The schedule, policies, procedures, and assignments in this course are subject to change in the event of extenuating circumstances.

Grading

In classes that are based on a percentage grading scheme, the following [Undergraduate Grading Scale](#) is used

Grade	A+	A	A-	B+	B	B-	C+	C	D	F
Percentage	90-100	85-89	80-84	77-79	73-76	70-72	65-69	60-64	51-59	< 50
GP Value	9	8	7	6	5	4	3	2	1	0

Rounding is only applied to the final grade and is rounded up at the 0.5% level (e.g., 84.49% is rounded to 84% and 84.50% is rounded to 85%).

Medical Documentation for absences

No medical documentation for short-term absences is required (Approved by Senate).

If you are seeking a Withdrawal Extenuating Circumstances or an Aegrotat grade, medical documentation may be required if relevant.

Ombudsperson and Academic Concerns

From the course calendar...

Depending on the nature of the academic matter of concern to the student, the order in which the student should normally try to resolve the matter is: first, the course instructor; second, the Chair of the department; third, the Dean of the faculty; and finally, the Senate.

If you are having an academic concern or problem that cannot be resolved with your instructor or the Department Associate Chair, you may wish to consult with the Office of the Ombudsperson (<https://uvicombudsperson.ca>). Current contact information for the office can be found here <https://uvicombudsperson.ca/contact/>.

¹ Syllabi belong to the department through which the course is administered.

Policy on Academic Integrity including Plagiarism and Cheating

The Department of Psychology fully endorses and intends to enforce rigorously the [Senate Policy on Academic Integrity](#). It is of utmost importance that students who do their work honestly be protected from those who do not. Because this policy is in place to ensure that students carry out and benefit from the learning activities assigned in each course, it is expected that students will cooperate in its implementation.

The offences defined by the policy can be summarized briefly as follows:

1. **Plagiarism.** You must make sure that the work you submit is your work and not someone else's. There are proper procedures for citing the works of others. The student is responsible for being aware of and using these procedures.
2. **Unauthorized Use of an Editor.** The use of an editor is prohibited unless the instructor grants explicit written authorization.
3. **Multiple Submission.** Only under exceptional circumstances may a work submitted to fulfill an academic requirement be used to satisfy another similar requirement. The student is responsible for clarifying this with the instructor(s) involved.
4. **Falsifying Materials Subject to Academic Evaluation.** This includes falsification of data, use of commercially prepared essays, using information from the Internet without proper citation, citing sources from which material is not actually obtained, etc.
5. **Cheating on Assignments, Tests, and Examinations.** You may not copy the work of others in or out of class; you may not give your work to others for the purpose of copying; you may not use unauthorized material or equipment during examinations or tests; and you may not impersonate or allow yourself to be impersonated by another at an examination. The Department of Psychology has a policy of not making old examinations available for study purposes. Therefore, use of old exams without the express written permission of the instructor constitutes cheating by the user, and abetting of cheating by the person who provided the exam.
6. **Aiding Others to Cheat.** It is a violation to help others or attempt to help others to engage in any of the conduct described above.

The use of a generative artificial intelligence (AI) is strictly prohibited in any submitted work (unless expressly endorsed by the instructor as part of an assignment).

Instructors are expected to make every effort to prevent cheating and plagiarism. This may include the assignment of seating for examinations, asking students to move during examinations, requests to see student identification cards, and other measures as appropriate. Instructors also have available to them a variety of tools and procedures to check for Internet and electronic media-based cheating. In instances of suspected or actual plagiarism or cheating, instructors, following prescribed procedures, are authorized to take steps consistent with the degree of the offence. These measures will range from a zero on the test or assignment or a failing grade for the course, probation within a program to temporary or even permanent suspension from the University.

Rights of Appeal are described in the Policy on Academic Integrity in the University calendar Spring 2025.

The definitive source for information on Academic Integrity is the University Calendar

Other useful resources on Plagiarism and Cheating include:

1. The Ombudsperson's office: <https://uvicombudsperson.ca/academic-integrity/>
The [Office of the Ombudsperson](#) is an independent and impartial resource to assist with the fair resolution of student issues. A confidential consultation can help you understand your rights and responsibilities. The Ombudsperson can also clarify information, help navigate procedures, assist with problem-solving, facilitate communication, provide feedback on an appeal, investigate and make recommendations. Phone: 250-721-8357; Email: ombuddy@uvic.ca; Web: uvicombudsperson.ca.
2. UVic Library Resources: <http://www.uvic.ca/library/research/citation/plagiarism/>
3. UVic Library Document on [Avoiding Plagiarism](#)

Prerequisites

Students who remain in courses for which they do not have the prerequisites do so at their own risk. Students who complete courses without prerequisites ARE NOT exempt from having to complete the prerequisite course(s) if such courses are required for the degree program.

Program Requirements

For more information see the [UVic Calendar](#).

Registration Status

Students are responsible for verifying their registration status. Registration status may be verified using My Page, View Schedule. Course adds and drops will not be processed after the [deadlines](#) set out in the current UVic Calendar.

Students who do not attend classes must not assume that they have been dropped from a course by an academic unit or an instructor. Courses that are not formally dropped will be given a failing grade, students may be required to withdraw and will be required to pay the tuition fee for the course.

Request for Academic Concessions

Students can apply for [academic concessions](#) if their course requirements are affected by (i) unexpected and/or unavoidable circumstances (e.g., illness, family affliction, etc.), or (ii) conflicting responsibilities (e.g., service in the armed forces or first responder, representing the university).

- **Request an in-course extension**
If you require more time to complete a course requirement or miss a test or midterm exam, then you will need to complete the [“In-Course Extension Form”](#) and submit it directly to your course instructor. All course requirements must be completed prior to the submission of final grades.
- **What to do if you miss the final exam scheduled during the formal exam period**
Apply at Records Services for a [“Request for Academic Concession”](#), normally within 10 working days of the date of the exam. Records Services will forward the form to the instructor. If the concession is granted, the instructor will determine how to deal with the situation (for example, a deferred exam). Where a concession is not applied for or where such application is denied, an N grade will be entered on the student’s academic record.
- **What to do if you require additional time to complete course requirements beyond the normal term.**
Apply at Records Services for a [“Request for Academic Concession”](#), normally within 10 working days of the end of the course. Records Services will forward the form to the instructor. If the concession is granted, the instructor will determine how to deal with the situation. Where a concession is not applied for or where such application is denied, an N grade will be entered on the student’s academic record if the missing work has been deemed required. Note, only required course components may be deferred.

Research Participation Opportunities with the Department of Psychology

The Department of Psychology offers multiple opportunities to participate in research studies over the year. Students are encouraged to learn more about the field of psychology by volunteering in these studies. Information about studies can often be found posted on notice boards around the Department as well as through our Participant Pool webpage at <https://www.uvic.ca/socialsciences/psychology/research/participants/>.

Student Code of Conduct

The [Student Code of Conduct](#) explains how University policies regarding student behaviour are interpreted and applied within the Faculties of Humanities, Science and Social Sciences.

Student Support Services

[Learn Anywhere](#) is the student support portal for a full range of student academic and support services. Services include: [Centre for Academic Communication](#), [Math & Stats Assistance Centre](#), [Counselling Services](#), [Health Services](#), [Library](#), [Ombudsperson](#), and [Computer Help Desk](#)

This classroom is a trans-inclusive space

Please indicate if you have a preferred name and pronoun that you'd like to be used in the classroom. Please e-mail your instructor or your TA if you would like to discuss the climate of this classroom for trans students. Gender neutral bathrooms are available at UVic.

University of Victoria Students' Society (UVSS)

The [UVSS](#) is a social justice based non-profit run by students, for students and is entirely separate from UVic. As an undergrad student, you are already a member! We work on issues affecting students such as affordability, public transit, sexualized violence, sustainability, student employment, and much more. We fund clubs and course unions, and have several advocacy groups. We also have a Food Bank and Free Store, a Peer Support Centre, and run your health and dental plan. We are here to support you, so please reach out to us at [uvss.ca](#)!

Academic Important Dates

Summer session – second term (May – August)

Wednesday, May 6 th	May-August (Term 1) courses begin for all faculties
Monday, May 11 th	May (Term 4) and May-June (Term 2) courses begin
Monday, May 18 th	University Closed (Victoria Day)
Sunday, May 31 st	Fees deadlines for summer. See undergraduate and graduate add and drop dates for standard summer courses
Wednesday, June 3 rd	May (Term 4) Courses End
Thursday, June 4 th	June (Term 5) Courses Begin
Monday, June 8 th	First registration date for Winter Session 2026/2027. Course registration important dates and deadlines
Friday, June 26 th	May-June (Term 2) and June (Term 5) Courses End
Wednesday, July 1 st	University Closed (Canada Day)
July 1 st – July 2 nd	Reading Break May-August (Term 1) sections only (except Law)
Monday, July 6 th	July (Term 6) and July-August (Term 3) courses begin
Tuesday, July 28 th	July (Term 6) courses end
Wednesday, July 29 th	August (Term 7) courses begin
Friday, July 31 st	May-August (Term 1) classes end for all faculties
Monday, August 3 rd	University Closed (British Columbia Day)
Tuesday, August 4 th	May-August (Term 1) examinations begin for all faculties
Monday, August 17 th	May-August (Term 1) examinations end for all faculties
Friday, August 21 st	July-August (Term 3) and August (Term 7) courses end

Add and drop dates for standard 2026 Summer Session courses

Term	Start Date	End Date	100% Fee Reduction	Add Deadline	50% Fee Reduction	Academic Drop no Fee Reduction
1	May 6	Jul 31	May 18	May 21	Jun 7	Jul 1
2	May 11	Jun 26	May 17	May 18	May 28	Jun 10
3	Jul 6	Aug 21	Jul 12	Jul 13	Jul 23	Aug 5
4	May 11	Jun 03	May 14	May 14	May 19	May 26
5	Jun 4	Jun 26	Jun 6	Jun 6	Jun 12	Jun 18
6	Jul 6	Jul 28	Jul 8	Jul 8	Jul 14	Jul 20
7	Jul 29	Aug 21	Aug 1	Aug 1	Aug 6	Aug 13

Sexualized Violence Prevention and Response at UVic

UVic takes sexualized violence seriously, and has raised the bar for what is considered acceptable behaviour. We encourage students to learn more about how the university defines sexualized violence and its overall approach by visiting www.uvic.ca/svp. If you or someone you know has been impacted by sexualized violence and needs information, advice, and/or support please contact the sexualized violence resource office in Equity and Human Rights (EQHR). Whether or not you have been directly impacted, if you want to take part in the important prevention work taking place on campus, you can also reach out:

Where: Office of Equity and Human Rights, Sedgewick Building, Room C133

Phone: 250 721 8021

Email: eqhr01@uvic.ca

Web: <https://www.uvic.ca/sexualizedviolence/>



BE WELL

A note to remind you to take care of yourself. Do your best to maintain a healthy lifestyle this semester by eating well, exercising, getting enough sleep and taking some time to relax. This will help you achieve your goals and cope with stress. All of us benefit from support during times of struggle. You are not alone.

Social Life, Friends, & Community at UVic:

Having a social network is an extremely important foundation for positive mental health. There are lots of benefits to joining clubs, course unions, intramurals and teams on campus.

<https://www.uvic.ca/undergraduate/housing-student-life/student-life/index.php>

Counselling Services:

The Student Wellness Centre can help you make the most of your university experience. They offer free professional, confidential, inclusive support to currently registered UVic students. <https://www.uvic.ca/student-wellness/contacts/student-wellness-team/index.php#ipn-counsellors>

Health Services:

The Student Wellness Centre also provides a full service primary health clinic for students. <https://www.uvic.ca/student-wellness/contacts/student-wellness-team/index.php#ipn-physicians>

Centre for Accessible Learning:

The CAL staff are available by appointment to assess specific needs, provide referrals and arrange appropriate accommodations <https://www.uvic.ca/accessible-learning/index.php>. The sooner you let us know your needs, the quicker we can assist you in achieving your learning goals in this course.

Elders' Voices:

The Office of Indigenous Academic and Community Engagement (IACE) has the privilege of assembling a group of Elders from local communities to guide students, staff, faculty and administration in Indigenous ways of knowing and being. www.uvic.ca/services/indigenous/students/programming/elders/

Mental Health Supports and Services:

Mental health supports and services are available to students from all areas of the UVic community: <https://www.uvic.ca/student-wellness/wellness-resources/mental-health/>