



**PSYC 260 A01 – Introduction to Mental Health and Wellbeing**  
**Fall 2025 (Sept 03 – Dec 03)**  
**MR 11:30pm – 12:50pm**  
**CRN: 12956**

### **TERRITORY ACKNOWLEDGEMENT**

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We acknowledge and respect the Ləkʷəŋən (Songhees and Esquimalt) Peoples on whose territory the university stands, and the Ləkʷəŋən and W̱SÁNEĆ Peoples whose historical relationships with the land continue to this day.

### **INSTRUCTOR DETAILS**

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NAME:  
EMAIL:  
OFFICE:  
HOURS:

### **TEACHING ASSISTANT DETAILS**

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NAME:  
EMAIL:  
OFFICE:  
HOURS:

### **COURSE PREREQUISITES**

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The prerequisites for this course are PSYC 100A & 100B. 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.

### **COURSE DESCRIPTION AND LEARNING OBJECTIVES**

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This introductory course on mental health and wellbeing explores a modern integration of theoretical frameworks, the classification of psychological disorders, and the following categories of psychological disorders: gender dysphoria, psychosis, substance-related and addictive, mood, anxiety, obsessive-compulsive and related, trauma- and stressor-related, eating, dissociative, and personality disorders. Following successful completion of this course, students should be able to remember, understand, apply, analyze, and critically evaluate the following topics:

1. The historical development of mental health and wellbeing.
2. Current paradigms and theoretical models that address the causes and treatment of psychological disorders.
3. The purpose and structure of the Diagnostic and Statistical Manual and its role in the classification of psychological disorders.
4. The demographics, symptom profiles, and functional consequences related to the above psychological disorders.

## 5. Current models of etiology and treatment for the above psychological disorders

**OPTIONAL MATERIALS**

Lalumiere, M. L., Barlow, D. H., Durand, V. M., & Hofmann, S. G. (2023). *Psychopathology: An integrative approach to understanding, assessing, and treating psychological disorders* (7<sup>th</sup> Canadian ed.). Cengage.

**COURSE SCHEDULE**

The following schedule and course components are subject to change with reasonable advance notice, as deemed appropriate by the instructor.

<b>Class Dates:</b> Room:	<b>Lecture Topics</b>	<b>Readings</b>
Sept. 04	Course Introduction	Course Outline
Sept. 08	History of Mental Health and Wellbeing	Chapter 1
Sept. 11 & 15	Theories of Mental Health and Wellbeing	Chapter 2
Sept. 18	Classification of Psychological Disorders	Chapter 3
Sept. 22 & 25	Schizophrenia Spectrum and Other Psychotic Disorders	Chapter 14
<b>Monday, Sept. 29</b>	<b>Exam 1</b>	
Oct. 02	Bipolar and Related Disorders	Chapter 8
Oct. 06 & 09	Depressive Disorders	Chapter 8
<b>Oct. 13</b>	<b>Thanksgiving – No Class</b>	
Oct. 16 & 20	Anxiety Disorders	Chapter 5
Oct. 23 & 27	Obsessive-Compulsive and Related Disorders	Chapter 6
<b>Oct. 30</b>	<b>Mock Patient Interview #1</b>	
<b>Monday, Nov. 03</b>	<b>Exam 2</b>	
Nov. 06	Trauma- and Stressor-Related Disorders	Chapter 7
<b>Nov. 10</b>	<b>Reading Break – No Class</b>	
Nov. 13	Dissociative Disorders	Chapter 7
Nov. 17 & 20	Eating Disorders	Chapter 9
Nov. 24 & 27	Personality Disorders	Chapter 13
<b>Dec. 01</b>	<b>Mock Patient Interview #2</b>	
<b>TBA (Dec. 06 to Dec. 20)</b>	<b>Exam 3</b>	

## IMPORTANT COURSE DATES

	Start date	End date	100% fee reduction	Add deadline	50% fee reduction	Academic drop no fee reduction
First term	Sep 3	Dec 3	Sep 16	Sep 19	Oct 7	Oct 31
Second term	Jan 5	Apr 2	Jan 18	Jan 21	Feb 8	Feb 28

## EVALUATION OF LEARNING

Student Evaluation	Percentage of Final Grade	Date
Exam 1	25%	Monday, Sept. 29
Exam 2	25%	Monday, Nov. 03
Exam 3	25%	TBA (Dec. 06 to Dec. 20)
Practice Quizzes	10%	See course schedule for due dates
Mock Patient Interview #1	7.5%	Thursday, Oct. 30
Mock Patient Interview #2	7.5%	Monday, Dec. 01

## 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	D
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 round to 84% and 84.50% is rounded to 85%).

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.

## MANDATORY COURSE COMPONENTS

You must complete all three tests to receive credit for this course. Failure to complete one or more of these elements 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.

## COURSE FORMAT

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### COURSE WEBSITE:

The PSYC 260 website is accessible through Brightspace (<https://bright.uvic.ca>) and includes all course materials (e.g., PowerPoint slides, lecture notes, practice quizzes, assignments, grades). To access Brightspace you need a valid UVic NetLink ID. To register, go to the NetLink website (<http://netlink.uvic.ca/>) and follow the directions. If you cannot access our Brightspace site after receiving your NetLink ID, contact the computer helpdesk (helpdesk@uvic.ca; 250-721-7687).

### LECTURE FORMAT:

This course will consist of lectures presented to you during the scheduled class times. PowerPoint slides and lecture notes will be posted to Brightspace before class; however, additional content will be discussed in class. Therefore, it is important that you attend class and take further notes.

### ASSIGNED ARTICLES:

Throughout the semester, you will be assigned the following four articles to read:

1. Being Sane in Insane Places (Rosenhan, 1973).
2. The Phenomenology of Gender Dysphoria in Adults: A systematic review and meta-synthesis (Cooper et al., 2020).
3. Substance-Related and Addictive Disorders (Suzuki & Kober, 2018).
4. The Science Behind the Academy for Eating Disorders' Nine Truths About Eating Disorders (Schaumberg et al., 2017).

Information from these articles will be tested on the subsequent exams.

### EXAMS:

Exams will consist of 60 multiple-choice questions. You must write the exams during the scheduled class time in person. You must inform me before an exam if you cannot write it at the scheduled time. A make-up exam will only be scheduled if you can provide documentation for your absence. The exams are not cumulative. Exam 3 will take place during the final exam period between Dec. 06 to Dec. 20.

Exams	Topics Covered
Exam 1	History of Mental Health and Wellbeing, Theories of Mental Health and Wellbeing, Classification of Psychological Disorders, and Schizophrenia Spectrum and Other Psychotic Disorders. <b>Includes Assigned Article #1 and #2.</b>
Exam 2	Bipolar and Related Disorders, Depressive Disorders, Anxiety Disorders, and Obsessive-Compulsive and Related Disorders. <b>Includes Assigned Article #3</b>
Exam 3	Trauma- and Stressor-Related Disorders, Dissociative Disorders, Eating Disorders, and Personality Disorders. <b>Includes Assigned Article #4</b>

### PRACTICE QUIZZES:

There will be 10 practice quizzes that must be completed online through Brightspace outside of class time. The practice quizzes are open-book and there is no time limit for completing the practice quizzes. You will be allowed two attempts for each practice quiz. Each practice quiz will count towards 1 percent

of your final grade ( $10 \times 1\% = 10\%$ ). Practice quizzes will consist of multiple-choice questions. The quizzes for each section are due the night before the corresponding exam.

Quizzes	Topics Covered	Due Date
Quiz 1	History of Mental Health and Wellbeing/Assigned Article #1	Sunday, Sept. 28
Quiz 2	Theories of Mental Health and Wellbeing	Sunday, Sept. 28
Quiz 3	Classification of Psychological Disorders	Sunday, Sept. 28
Quiz 4	Schizophrenia Spectrum and Other Psychotic Disorders/Assigned Article #2	Sunday, Sept. 28
Quiz 5	Bipolar and Related Disorders/Depressive Disorders	Sunday, Nov. 02
Quiz 6	Anxiety Disorders	Sunday, Nov. 02
Quiz 7	Obsessive-Compulsive and Related Disorders/Assigned Article #3	Sunday, Nov. 02
Quiz 8	Trauma- and Stressor-Related Disorders/Dissociative Disorders	TBA (Dec. 05 to Dec. 19)
Quiz 9	Eating Disorders/Assigned Article #4	TBA (Dec. 05 to Dec. 19)
Quiz 10	Personality Disorders	TBA (Dec. 05 to Dec. 19)

#### MOCK PATIENT INTERVIEWS:

During the semester, you will be introduced to two mock patients during class times. Your task will be to ask the 'patient' questions to determine the disorder(s) you think they are presenting with and to take notes. At the end of the interview, you will then submit your determination along with a brief write up of the symptoms presented by the mock patient that led you to that determination. Lastly, you will provide your treatment recommendations based on your determination. Each mock patient interview will count towards 7.5 percent of your final grade ( $2 \times 7.5\% = 15\%$ ). **Mock patient interviews must be completed in class.** If you are unable to attend on the day of a mock patient interview, the 7.5 percent for the assignment will be transferred to the subsequent exam. Further details will be discussed in class.

#### BONUS 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 classes (Dec. 03), 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, you may contact me no later than Oct. 07 to arrange for an alternative option involving written assignments.

# UNIVERSITY OF VICTORIA

## Department of Psychology Important Course Policy Information Fall Session 2025

### 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 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](mailto: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](mailto: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 class<sup>1</sup>. 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.

## Course Experience Survey (CES)

I value your feedback on this course. Toward the end of term, you will have the opportunity to complete a confidential course experience survey (CES) 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://ces.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 above 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/>.

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<sup>1</sup> 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](mailto:ombuddy@uvic.ca); Web: [uvicombudsperson.ca](http://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 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](mailto:uvss@uvic.ca)!

### Academic Important Dates

#### Fall session – first term (September – December)

Wednesday, September 3 <sup>rd</sup>	First term classes begin for all faculties
Tuesday, September 16 <sup>th</sup>	Last day for 100% reduction of tuition fees for standard first term and full year courses. 50% of tuition fees will be assessed for courses dropped after this date.
Friday, September 19 <sup>th</sup>	Last day for adding courses that begin in the first term
Tuesday, September 30 <sup>th</sup>	Last day for paying first term fees without penalty
Tuesday, September 30 <sup>th</sup>	University Closed (National Day for Truth and Reconciliation)
Tuesday, October 7 <sup>th</sup>	Last day for 50% reduction of tuition fees for standard courses
Monday, October 13 <sup>th</sup>	University Closed (Thanksgiving Day)
Friday, October 31 <sup>st</sup>	Last day for withdrawing from first term courses without penalty of failure
Tuesday, November 11 <sup>th</sup>	University Closed (Remembrance Day)
November 10 <sup>th</sup> - 12 <sup>th</sup>	Reading Break for all faculties
Wednesday, December 3 <sup>rd</sup>	Last day of classes in first term for all faculties
Wednesday, December 3 <sup>rd</sup>	National Day of Remembrance and Action on Violence Against Women - (Classes and exams cancelled from 11:30am - 12:30pm)
Saturday, December 6 <sup>th</sup>	First term examinations begin for all faculties
Saturday, December 20 <sup>th</sup>	First term examinations end for all faculties
December 25 <sup>th</sup> - 31 <sup>st</sup>	University Closed (Winter Break)

#### Add and drop dates for standard 2025-2026 Winter Session courses

Term	Start Date	End Date	100% Fee Reduction	Add Deadline	50% Fee Reduction	Academic Drop no Fee Reduction
First term	Sep 3	Dec 3	Sep 16	Sep 19	Oct 7	Oct 31
Second term	Jan 5	Apr 2	Jan 18	Jan 21	Feb 8	Feb 28

## 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](http://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](mailto: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/](http://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/>