

## Off Campus Health Care Resources & SupportConnect

Disclosure: The Student Wellness Centre does not make referrals or recommendations to any external services. We aim to keep this list up to date, but it is not comprehensive. Anything listed with an asterisk (\*) at the end, has additional fees not covered by MSP, and may not be covered by extended health.

### Walk-in Medical Clinic Info

[www.medimap.ca](http://www.medimap.ca)

### Urgent Primary Care Centres

- Downtown Victoria 250-519-3870
- James Bay 250-519-3770
- Esquimalt 250-519-3880
- West Shore 250-519-6919
- Quadra Street 250-519-3820

### Virtual Medical Clinics

These are for pre-booked online appointments with a physician.

[CloudMD \(https://www.cloudmd.ca/\)](https://www.cloudmd.ca/)

[Telus Health MyCare \(https://www.telus.com/en/personal-health/my-care?CMP=VAN\\_myCare\)](https://www.telus.com/en/personal-health/my-care?CMP=VAN_myCare)

[BC Virtual Visit \(https://www.islandhealth.ca/our-services/virtual-care-services/bc-virtual-visit\)](https://www.islandhealth.ca/our-services/virtual-care-services/bc-virtual-visit)

[virtualclinic+ \(https://virtualclinics.ca/\)](https://virtualclinics.ca/)

[RocketDoctor \(https://rocketdoctor.ca/online-doctor-bc/\)](https://rocketdoctor.ca/online-doctor-bc/)

[felix\\* \(https://www.felixforyou.ca/\)](https://www.felixforyou.ca/)

### Mental Health Resources

For ADHD Private Assessments you can try the following services or registered psychologists.

- **Services\*:**
  - FRIDA (<https://www.talkwithfrida.com/>)
  - Get Cognito (<https://www.getcognito.ca/>)
  - Adult ADHD Centre (<https://adultadhdcentre.com/>)
- **Registered Psychologists\***
  - Claire Sira (<https://www.drclairesira.ca/>)
  - Kathleen Goodall (<https://opengovca.com/victoria-business/00017543>)
  - Paul Brennan (<https://victoriatherapist.com/>)
  - Fairfield Psychology (<https://www.fairfieldpsychology.com/>)

### Additional Mental Health Resources

CARES clinic

<https://www.islandhealth.ca/sites/default/files/mental-health-substance-use/documents/cares-brochure.pdf>

CARES provides a single point of access to Mental Health and Substance Use (MHSU) services for clients, family members, primary care and service providers.

Health Connect Registry (<https://www.healthlinkbc.ca/health-connect-registry>)

If you are interested in a family doctor or nurse practitioner and live in a participating Primary Care Network community, register for the Health Connect Registry and get matched with a family doctor or nurse practitioner in your community.

**GuardMe Medical Insurance** ([guard.me/UVic](http://guard.me/UVic) Mobile Doctor)

If you are an international student, please refer to your GuardMe insurance policy.

## **SupportConnect 24/7 help**

SupportConnect is a free counselling service that is available to UVic students 24 hrs/day, 7 days per week. SupportConnect is not a crisis line. When you call the toll-free number, a qualified counsellor will respond to your request. You can call SupportConnect anytime, from anywhere in the world.

### **Phone Numbers**

Toll-free (calls from North America): 1-844-773-1427

International collect calls: 1-250-999-7621

### **Online or App**

Login to SupportConnect (<https://myssp.app/keepmesafe/ca/home>)

Download the App: Search TELUS Health Student Support on either the Apple App Store or Google Play Store and download the app. Complete your profile so you can browse health and wellness resources on the go, start a live chat or call with a counsellor.

## **Additional contacts**

### **Vancouver Island Crisis Society**

Phone: 1-888-494-3888

<https://www.vicrisis.ca/>

### **BC Drug and Poison Information Centre (BC DPIC)**

Phone: 1-800-567-8911

<https://www.dpic.org/contact>

### **HealthLinkBC**

Phone: 811

<https://www.healthlinkbc.ca/>

### **Native Youth Crisis Hotline**

Phone: 1-877-209-1266

### **KUU-US Crisis Line Society**

Phone: Toll-free: 1-800-588-8717

Youth Line: 250-723-2040

Adult Line: 250-723-4050