

# Off Campus Resources for Health and Wellness

**\*V**- Virtual Care - These online platforms provide virtual access to healthcare services, enabling patients to schedule appointments with doctors, specialists, and allied healthcare providers for medical advice, prescriptions, and referrals remotely.

**\*P**- By Phone Only

## Medical Care:

### **MediMap:**

Medimap.ca is a website for finding walk-in clinics and booking appointments in Victoria, BC. Locate nearby clinics and reserve a spot in line remotely for some locations.

Website: <https://medimap.ca/clinics/walk-in-clinics/bc/victoria>

### **Island Sexual Health Clinic:**

Island Sexual Health offers sexual health services, education, and support. They provide a range of services including STI testing, birth control consultations, sexual health counseling, and LGBTQ+ support.

Website: <https://www.islandsexualhealth.org/>

Phone: 250-592-3479

### **Get Checked:**

Access confidential STI testing and sexual health services online. Users can request STI test kits, complete them at home, and receive results and treatment options through the website.

Website: <https://getcheckedonline.com/Pages/default.aspx>

### **\*P 8-1-1:**

Is a non-emergency health information and advice line. Speak with a registered nurse who can provide you with health advice, information on healthcare services, and guidance on care options for your situation.

Phone: 8-1-1

### **\*V Rocket Doctor:**

Through this website, people in BC can schedule appointments to see a doctor remotely, allowing them to receive medical advice and prescriptions without visiting a physical clinic.

Website: <https://rocketdoctor.ca/>

Phone Number: 1-867-670-2273

### **\*V Maple:**

Through the website, users can schedule appointments to speak with a licensed physician via secure video calls or messages. Maple offers convenient access to medical advice, prescriptions, and referrals.

Website: <https://www.getmaple.ca/>

### **\*V Telus Health:**

TELUS Health provides virtual care platforms for remote consultations, access to medical records, test results, prescription refills, and health educational resources.

Website: <https://www.telus.com/en/health>

### **\*V Tia Health:**

Users can schedule appointments with doctors, specialists, and allied healthcare providers, allowing them to receive medical advice, prescriptions, and referrals remotely.

Website: <https://tiahealth.com/>

### **\*V Foundry BC:**

Foundry BC is a comprehensive mental health and wellness website tailored for young people aged 12-24 in British Columbia, Canada. It provides access to a wide range of services including mental health support, substance use counseling, primary care, and social services.

Website: <https://foundrybc.ca/>

## **Mental Health Care:**

### **\*P \*V Support Connect:**

Support Connect is a 24/7 free, confidential mental health support service for UVic students. They offer video and in-person counselling options with qualified counsellors, anytime, anywhere.

Phone: 1-844-773-1427

Website: <https://myssp.app/keepmesafe/ca/home>

### **CARES Clinic:**

The Island Health CARES Clinic provides information on mental health and substance use services available in the Island Health region of British Columbia, Canada. It outlines various programs and resources aimed at supporting individuals dealing with mental health and substance use issues, including crisis intervention, counseling, treatment options, and support groups.

Services offered:

- **MHSU Intake** – assesses referral to determine appropriate mental health or substance use services. \*physician referral or call CARES
- **Single Session Therapy** – A SAME DAY counselling session that offers therapeutic support. Call CARES
- **Indigenous Outreach Services** – support for those who identify as Indigenous and seeking help for mental health or substance concern. Physician referral or call CARES
- **Enhanced Collaborative Care (ECC)** – one time psychiatric assessment. Physician referral required.
- **Rapid Access Addiction Clinic (RAAC)** - Support for opiate use concerns and replacement treatment. Call (250) 519- 3776
- **Peer Support Workers** – Support from people with lived MHSU experience. Call CARES to book.

How to access? Please call the CARES Clinic, or have your primary care provider fax in a referral. Eligibility varies per program. Phone: (250) 519-3485 Address: 1119 Pembroke St.

**\*V Frida:**

'Talk With Frida' offers virtual therapy and counseling services. It connects individuals with licensed therapists for confidential video sessions, allowing them to receive support and guidance for various mental health concerns.

Website: <https://www.talkwithfrida.com/>

**\*V Maple:**

Maple provides information and access to mental health treatment services through virtual consultations with healthcare professionals. Users can learn about various mental health conditions and treatment options, including therapy and medication management.

Website: <https://www.getmaple.ca/conditions/mental-health-treatment/>

**\*V Cognito:**

An online platform designed to support mental health and well-being through personalized coaching and therapy. Access resources, tools, and professional support to help them manage stress, improve resilience, and enhance overall mental wellness through a range of programs tailored to individual needs.

Website: <https://www.getcognito.ca/>

**\*P Vancouver Island Crisis Society:**

For emotional support and connection to local services 24/7

Phone: 1-888-494-3888

Crisis Chat:

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

Crisis Text: 250-800-3806

**\*P Suicide Crisis Helpline:**

A safe space to talk 24 hours a day, every day of the year.

Call or Text: 988

**\*P Native Youth Crisis Line:**

A 24/7 available throughout Canada for self identifying Native youth.

Phone: 1-877-209-1266

**\*P KUU-US Crisis Line:**

For Indigenous people on Vancouver Island and across the province. Support is available 24/7

Adult Crisis Line: 250-723-4050

Youth Crisis Line: 250-723-2040

Métis Crisis line: 1-833-638-4722

## ADHD Private Assessment:

\*Contact UVSS health plan to see what coverage options are available for private psychology:

<https://studentcare.ca/>

- **Dr. Claire Sira:**  
Website: <https://www.drclairesira.ca/>
- **Coaching group:**  
Website: <https://adhdforlife.com/>
- **Paul Brennan, R Psych**  
Website:  
<https://victoriatherapist.com/>
- **Adult ADHD Centre** \*\$300 not reimbursable under UVSS plan\*  
Website:  
<https://adultadhdcentre.com/>
- **Dr. Kathleen Goodall**  
Address: 321-1095 McKenzie Ave,  
Victoria, BC V8P 2L5  
Phone: (250) 382-2005
- **\*V Beyond ADHD**  
Website: <https://beyondadhd.ca/>
- **First Nations Health Authority**  
Phone: (604) 693-6500  
Email: info@fnha.ca
- **Doctor of the Day** open to anyone  
Phone: 1-855-344-3800 7 days a week, between 8:30 am – 4:30 pm
- **\*V FRIDA**  
Website:  
<https://www.talkwithfrida.com/>
- **Get Cognito ADHD assessment**  
Website: <https://www.getcognito.ca/>
- **\*V Maple**  
Website:  
<https://www.getmaple.ca/providers/adhd/>

- **Dr. Eric Ochs** Website: <https://www.ochspsychology.com/>
- **Vancouver Island Psychological Services** Website: <https://www.vipsychology.ca/>

## Registered Psychologists:

- Claire Sira  
Website: <https://www.drclair.esira.ca/>
- Paul Brennan  
Website: <https://victoriatherapist.com/>
- Fairfield Psychology  
Website: <https://www.fairfieldpsychology.com/>