

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

***\$**- Some services may cost

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.

Download the free Telus Health Student Support App - to call or chat with a counsellor right from the app*

Phone: 1-844-773-1427

Website: <https://studentsupport.telushealth.com/ca/home>

Healing in Colour:

Healing in Colour provides a directory of therapists who are dedicated to supporting BIPOC across all identities and intersections. The initiative upholds values of being pro-queer, pro-trans, pro-sex worker, pro-Black, pro-Indigenous, and anti-colonial.

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

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**
 - 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 7 days a week, between 8:30 am – 4:30 pm
 - Phone: 1-855-344-3800
- ***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/>
- **Sparrow ADHD Assessment**
 - Website: <https://adhdabc.ca/>
- **Dr. Eric Ochs**
 - Website: <https://www.ochspsychology.com/>
- **White Rock ADHD Clinic**
 - Website: <https://whiterockadhdclinic.ca/>
- **Vancouver Island Psychological Services**
 - Website: <https://www.vipsychology.ca/>

On Campus Resources for Health and Wellness

Medical Care:

Student Wellness Centre:

Students can access care from both registered nurses and physicians for general health concerns, illness assessments, injury evaluations, vaccinations, and management of chronic conditions.

Appointments can be booked either as a 'Same-Day' Appointment or a 'Pre-Booked' appointment.

Same-day appointments are booked online and are available on a limited basis daily for semi-urgent and acute concerns only. Appointments are available each day Monday – Friday beginning at 8:00am to be booked online under the provider titled 'A clinician, Same day' or 'Registered nurse, Same day'. If you navigate to the online booking platform and do not see any same-day appointments available, it means we are full for the day. The centre is closed on weekends and statutory holidays.

Pre-booked appointments are booked online and are available for non-urgent concerns and ongoing care. Pre-booked appointments are available to book 6 weeks in advance by selecting one of the physicians on the provider list. If you navigate to the online booking platform and you do not see any pre-booked appointments available that fit your needs, it means the centre is full for the upcoming 6 week period.

Online booking Website: <https://www.uvic.ca/student-wellness/book-an-appointment/>

Counselling:

Student Wellness Centre:

Registered students can access counselling services such as wellness consultations, same-day appointments, follow up appointments, Indigenous counselling, and counselling for law students. Call to book: 250-721-8563

- **Wellness consultations** involves an initial 30-45 minute meeting with a counsellor where they will gather background history, discuss your goals and work collaboratively to connect you with the service that fits your needs.
- **Same-day** appointments are offered on a first-come first-serve basis beginning at 8:30am to book by phone or in person.
- **Indigenous counselling** is for students who self-identify as Indigenous and would like to book a counselling appointment with an Indigenous Counsellor.
- **Law counselling** is for law students looking to speak with a designated counsellor for the Faculty of Law Students.

Multifaith:

Multifaith Centre

The Multifaith Centre provides emotional, social and spiritual support to UVic students. Connect with a Spiritual Care Provider for one-on-one spiritual support, or attend one of their many free, weekly programs designed to promote student well-being.

Call: 250-721-8338

Website: <https://www.uvic.ca/campus/multifaith-centre/index.php>

First Peoples:

First Peoples House:

The First Peoples House (FPH) is a social, cultural and academic centre for Indigenous students at UVic and serves as a safe and welcoming place that encourages the building of community. The First Peoples House provides a safe space for learning, sharing and community building.

The usage of all First Peoples House rooms must meet the objectives of Indigenous education and/or Indigenous cultural resurgence. First priority is always given to UVic courses, and then to other university and external bookings.

Phone: 250-853-3601

Website: <https://www.uvic.ca/services/indigenous/house/index.php>

Student Support:

UVic Peer Support Centre:

Whether you are struggling with or have questions regarding mental health, are concerned for a friend, or need help accessing resources on or off campus, you can seek a first-point-of-contact at the Peer Support Centre. Lead by trained student volunteers that are available to offer non-judgmental and confidential support for fellow students.

Website: <https://uvss.ca/peer-support-centre/>

Email: uvssinfo@uvss.ca

Location: The SUB

Phone: 250-721-8355

Centre for Academic Communication:

Offers free online and in-person one-on-one tutorials, workshops that actively coach students on academic integrity, including preventing accidental plagiarism, time management and planning for a successful semester, reading, writing, speaking, understanding academic expectations, and other aspects of academic communication.

Website: <https://www.uvic.ca/learningandteaching/cac/index.php> Email: cacmgr@uvic.ca

Phone: 1-250-853-3675

Office of Ombudsperson:

The Office of the Ombudsperson is an independent, impartial and confidential resource for students (current, former, or prospective) and other members of the university community. It addresses student inquiries and complaints by providing information and guidance regarding student rights and responsibilities, as well as university resources, policies and procedures. Depending on circumstances, the Ombudsperson can facilitate communication between students and other members of the university community; mediate or otherwise problem solve; assist in the use of appeal procedures; review or investigate students' concerns.

Phone: 250-721-8357 Email: ombuddy@uvic.ca

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