



Wellbeing Resources for Faculty of Medicine Graduate Students

This document outlines resources both within UBC, and more broadly throughout British Columbia, that can support your wellbeing and mental health, particularly during the COVID-19 pandemic.

UBC INFORMATION AND UPDATES

[Faculty of Graduate & Postdoctoral Studies COVID-19 Updates](#) on FAQs related to funding, assessments, dissertations, housing, international student specific information, etc.

[Faculty of Medicine COVID-19 Updates](#) includes FAQs for research trainees.

[UBC Central COVID-19 Service Updates](#) includes updates on services such as the Sexual Violence Prevention & Response Office; AMS Sexual Assault Support Centre; Centre for Accessibility; Advising; etc.

[UBC Central](#) lists resources for mental health during COVID-19.

PROFESSIONAL COUNSELLING AND SUPPORT

[UBC Counselling Services](#) offers appointments by phone during the COVID-19 outbreak. Students can call 604-822-3811 to schedule an appointment. Counselling services are free of charge to UBC students.

[Empower Me](#) offers 24/7 counselling and life coaching via phone or online platforms. It is free of charge for UBC students who are enrolled in Studentcare.

[Studentcare/Pacific Blue Cross](#) includes counselling and mental health benefits of up to \$500 per academic year for all students enrolled in UBC GSS's Student Health & Dental Plan (Studentcare). Many practitioners offer services online or by phone. See page 2 of this document for tips on finding a counsellor, psychologist, or social worker in the community. Students who have opted out of the GSS Health & Dental Plan may have similar coverage through an equivalent extended benefits plan.

UBC SELF-GUIDED RESOURCES FOR STUDENTS

[Wellness Centre Online](#) is a Canvas space for engaging in topics relevant to your wellbeing. All UBC students can self-enroll.

[TAO Self-help Resources](#) include online modules and tools on stress, anxiety, relationship problems, substance use, and more. Also includes a library of mindfulness exercises. Register with a UBC email.

PROVINCIAL MENTAL HEALTH SERVICES

[Vancouver Coastal Health Access & Assessment Centre](#) serves as an entry point for mental health and/or substance use services through Vancouver Coastal Health.

ADDITIONAL SELF-GUIDED RESOURCES

[Self-Care and Resilience Guide during COVID-19](#) (Mental Health Commission of Canada)

[How can we manage COVID-19 anxiety?](#) (Webinar featuring UBC experts)

[Managing Stress and Burnout during the COVID-19 Crisis](#) (BC Crisis Centre online course)

CRISIS SUPPORT AND REFERRAL LINES

[BC-wide crisis line](#): **1-800-SUICIDE** (1-800-784-2433)

[Crisis Centre Chat](#) offers immediate online support (noon to 1am)

[BC-wide Mental Health Support Line](#): **310-6789**

[First Nations and Inuit Hope for Wellness Helpline](#) offers immediate mental health counselling, crisis support, and referrals for Indigenous peoples across Canada. Indigenous people in BC can also call the [KUU-US Crisis Line](#) at **1-800-588-8717**

[HealthLink BC](#) provides health information, including a COVID Symptom Self-Assessment tool. Call **811** to speak with a health services navigator, registered nurse, pharmacist, or registered dietician.

ADDITIONAL RESOURCES

The UBC Graduate Student Wellness Network has prepared a comprehensive Wellbeing Resource Folder that can be downloaded from the [GrasPods website](#).

SOME TIPS ON FINDING A COUNSELLOR, PSYCHOLOGIST, OR SOCIAL WORKER

Many mental health practitioners already provided online/phone counselling prior to COVID-19, and others have now shifted to online/phone practice.

Two possibilities:

- 1) [PsyVitaliti](#) network of practitioners affiliated with Studentcare. Students can access individual online/phone sessions at a “preferential rate” of \$130 (as of April 3; regular rate is \$160):
- 2) Using a practitioner in community private practice who is offering services via phone or online.

Since you have up to \$500 of coverage per academic year, the number of sessions covered will depend on how much your practitioner charges per session.

You will probably have to pay for your session and then submit a claim for reimbursement. See

http://studentcare.ca/rte/en/UniversityofBritishColumbiaAMSGSS_Claims_HowtoClaim

- Registered Psychologists typically have a PhD or PsyD (e.g., in clinical or counselling psychology). Their fees tend to be highest (e.g., \$225 per 50-minute session, plus GST).
- Registered Clinical Counsellors have at least a Master’s degree (e.g, in counselling psychology, art therapy, etc.). They tend to charge \$120-160 per 50-minute session, plus GST.
- Registered Social Workers (or Registered Clinical Social Workers) have a Master’s degree in Social Work. Their fees vary, but may be similar to a Registered Clinical Counsellor (~\$120-160 per 50-minute session, plus GST).

There are some differences between Registered Psychologists, Registered Clinical Counsellors, and Registered Social Workers, but also lots of variation within the professions. Some may specialize in specific approaches like Cognitive Behavioural Therapy (CBT), Acceptance and Commitment Therapy (ACT), or Dialectical Behaviour Therapy (DBT); others help their clients in less structured, more conversational ways. Most practitioners offer some information online about their style, approach, and/or specializations. In general, Registered Psychologists tend to work with more severe mental health difficulties – and may be able to diagnose mental health issues – but this is not always the case. Some practitioners will offer a “sliding scale,” that is, charge a lower fee to clients with lower incomes; usually you will need to ask them about this.

- To search for a Registered Clinical Counsellor who offers online and/or telephone counselling (you can also search by specialization, region, etc.): <https://bc-counsellors.org/counsellors/>
- To search for counselling practitioners (including Registered Clinical Counsellors, social workers, and psychologists) who offer online/virtual counselling, telephone counselling, or video counselling (note: this directory is a paid advertising service): <https://counsellingbc.com/counsellors>
- You can also search specifically for Registered Psychologists (https://www.psychologists.bc.ca/find_psychologist) and social workers (<http://www.findasocialworker.ca/BC/en/default.asp>), but these directories don't allow you to search specifically for those who offer phone/online services.

This information is intended to be helpful, but we cannot absolutely guarantee its accuracy. If in doubt, please ask questions of your chosen practitioner and/or contact Studentcare:

http://studentcare.ca/rte/en/UniversityofBritishColumbiaAMSGSS_Health_HealthCoverage&random=487