

The UBC Way



- ✦ Help each other and treat others the way they would like to be treated
- ✦ Stand up against behaviour you know is wrong
- ✦ Take care of your wellbeing and ask for help if you need it



Find Your Balance



- ✦ Rest Don't wear yourself out, take a break
- ✦ Recreation Sweat it out, work out your stress
- ✦ Review Why did you come here, your goals
- ✦ Revise What can you really accomplish
- ✦ Recharge Now move forward to next task
- ✦ Relationships Keep in touch with family, friends and expand your networks here

UBC Wellness Centre



- ✦ A centralized first point of contact for students
- ✦ A free resource for students who want support
- ✦ Your concern might be academic, physical, financial, mental well-being, cultural
- ✦ Staffed by trained student volunteers known as Wellness Peers help to determine what supports you need and guide you to resources so you can create a care plan (Drop-in basis)

Wellness Service Providers



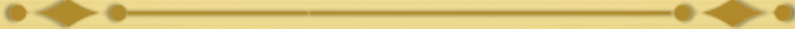
- ✦ Student Health Services or UBC Village Clinic – (IMED and MSP)
- ✦ Access and Diversity – if you require academic special arrangements or if you want to explore how to help promote and inclusive environment.
- ✦ Counselling Services – self-referral or by faculty and staff
- ✦ Early Alert – If a Faculty or Staff have a concern about a student. They can file an on-line alert.
- ✦ Students that have an early alert will get priority at Counselling Services if they seek out support later.

UBC Counselling Services



- ✦ Two location to choose from
- ✦ Lower Mall Research Station or Brock Hall
- ✦ Initial Appointment, Follow-up or Crisis Support
- ✦ Closed on Weekends and Holidays

Scarfe Free Counselling Clinic



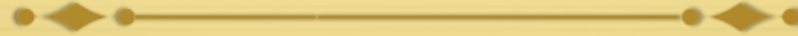
- ✦ Individual Counselling through Department of Educational Studies, Counselling Psychology
- ✦ Helping you with stress management, anxiety, depression, relationship issues.
- ✦ Day time and evening appointments available

Rits Counselling Service



- ✦ We have a Japanese speaking Counsellor available
- ✦ Youki, has assisted Rits students for the past 3 years, you will meet her September 26.
- ✦ You can book the appointment with her directly at no cost. But if you don't show up you will have to pay for the missed visit.
- ✦ Youki is available for a limited number of one-to-one appointments each semester

The Connection



- ✦ There is a big connection between student Well-Being, Learning and Success
- ✦ Stay Well, we want to see you Succeed this year! Enjoy the experience.

