

## **GEM Mental Health Resources**

*ON UVIC CAMPUS:*

### **Uvic Counselling**

<https://www.uvic.ca/services/counselling/>

Phone: 250-721-8341

Location: University Centre, B270

Appointments:

- Walk in appointments made at 8:30am for 9am -12pm day of, and 12:30 for 1-4pm
- Pre-booked: book future sessions via telephone or in person
  - Walk in is better suited to a specific problem, whereas pre-booked is better for longer term care
  - Also offer a wide range of groups and workshops for specific populations

### **Peer Support Centre (PSC)**

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

Phone: 250-472-4773

Location: B035 in the Student Union Building (SUB)

Email: [peersupport@uvss.ca](mailto:peersupport@uvss.ca)

Hours: Mondays – Thursdays, 11 am – 3 pm

About:

- Trained peer volunteers
- Can help access other resources

### **Anti-Violence Project (AVP)**

<https://www.antiviolenceproject.org>

Phone: 250 472-4388

Email: [info@antiviolenceproject.org](mailto:info@antiviolenceproject.org)

Location: UVic Student Union Building, Basement B027

Hours: Changes on a semesterly basis. Check their website and/or support room door posting

About:

- Support with focus on effects of gender-based violence
- Open to people of all genders
- You don't have to be a UVic student in order to access their resources
- Accessibility accommodations available (ASL, gender neutral washrooms, aiding in accessing uvic also available)
- Support also available to those who think they might have caused harm

*OFF CAMPUS:*

### **Vancouver Island Crisis Line**

<https://www.vicrisis.ca>

Phone: 1-888-494-3888

Hours: Open 24/7

About:

- Helpline for those in need of mental health assistance
- Also have crisis textline (250-800-3806) and a crisis chat services on their website available daily from 6:00pm to 10:00pm Pacific Time
- Can connect you with resources, also can just listen
- Confidential (unless intent to harm yourself or others has been disclosed, or a minor is being abused)
- Also provides a series of workshops surrounding mental health and suicide

### **Mental Health Recovery Partners**

<http://www.mhrp.ca>

Phone: 250-384-4225

Address: 941 Kings Road Victoria, BC V8T 1W7

Hours: 10am - 4pm

About:

- No diagnosis required to access free counselling
- Majority of clients have schizophrenia (two thirds)
  - Also treat mood and personality disorders
- Resources for friends and family of those with a mental illness as well
- Offer peer support and mental health recovery group therapy

### **Arbour Counselling Centre**

<https://www.arbourcounselling.ca>

Phone: (250) 479-9912

Address: 4277 Quadra Street, Victoria, BC V8X1L5

Reception hours Mon, Tues, Thurs 1:30-4pm, Wed, Fri: 9:00am-12:30pm

About:

- Sliding scale pay based on overall household income (lowest 80 +GST/hour)
- To make a first appointment call their office phone

### **Esquimalt Neighbourhood house**

<http://www.enh.bc.ca>

Phone: 250-385-2635

Address: 511 Constance Avenue, Victoria, BC

Hours: Monday - Friday 8:30am - 4pm

About:

- Offers counselling for individuals and families, as well as support groups for mental health and trauma

### **Victoria Sexual Assault Centre (VSAC)**

<https://vsac.ca>

Phone: 250-383-5545

Address: #201-3060 Cedar Hill Rd. Victoria, BC, V8T 3J5, Canada

Hours: Monday - Friday, 9am - 5pm

About:

- Offers individual and group counselling, as well as support to friends and family of assault survivors. Additional support with the criminal justice system also provided.

### **Men's Trauma Centre (MTC)**

<http://www.menstrauma.com>

Phone: 250-381-6367

Address: 847 Fisgard St, Victoria, BC V8W 1R1

Hours: Monday - Friday 9:30am-4:30pm, except Wednesdays 9:30am - 7pm

About:

- Trauma services for men, free short term emotional and practical support, as well as one on one long term counselling on a sliding scale of \$70-\$110 per hour (practicum students and post graduate rates \$20-\$40). Support groups also available, as well as group for fathers.

### **Citizens Counselling**

<https://www.citizenscounselling.com>

Phone: 250-384-9934

Address: 941 Kings Road, Victoria, BC, V8T 1W7

Hours: Monday - Friday 10am - 2pm

Email: [info@citizenscounselling.com](mailto:info@citizenscounselling.com)

About:

- Counselling services for adults by trained volunteers, sliding scale rates dependent on household income, from \$10-\$60.