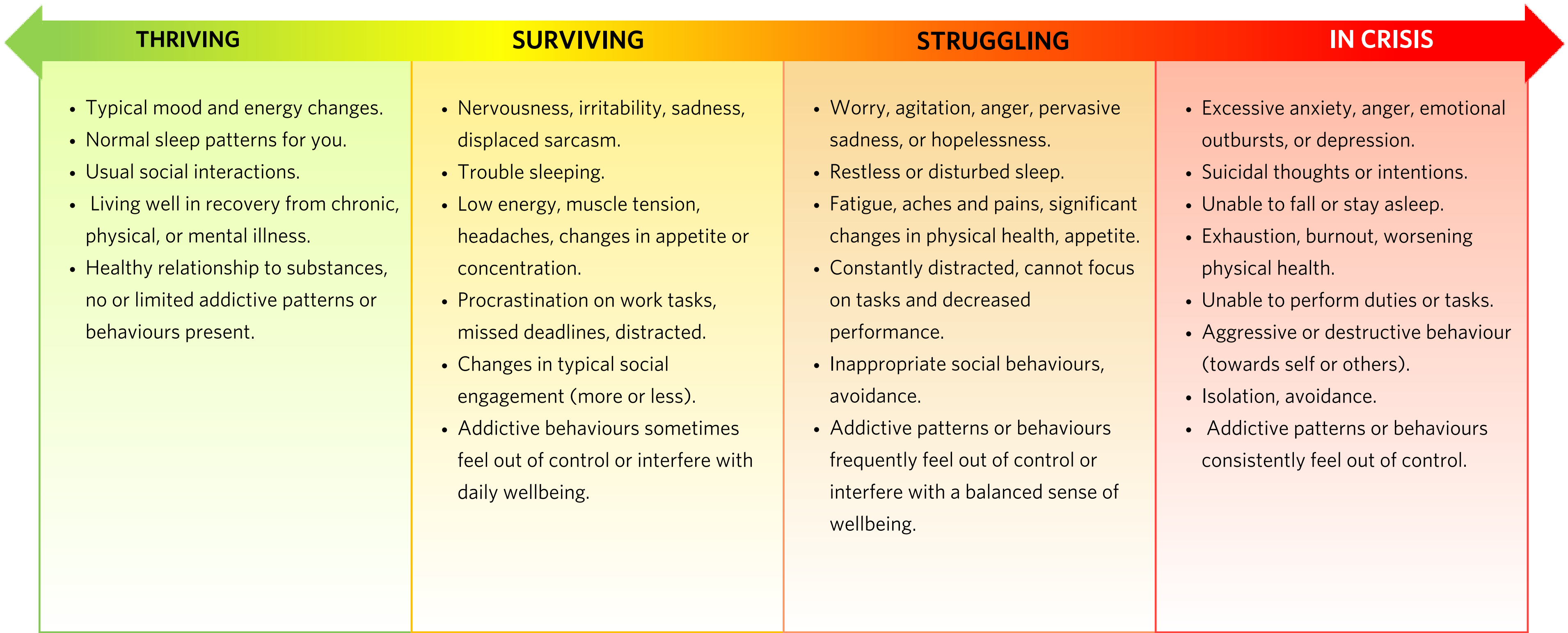


The Mental Health Continuum

for UBCV students

Mental health can change due to life events, choices, behaviours, or the impact of wider systemic factors, some of which we can control, and others we cannot. The Mental Health Continuum shows the wide range of mental and physical health challenges that can affect a person. The arrows indicate that mental health can shift over time, and no matter where you are, it's possible to get back to feeling your best.

This model isn't for diagnosis but helps you reflect on your mental health. Understanding signs of decline and knowing how to take action or find support for each phase can help you manage your mental wellbeing.



UBCV Student Supports

THRIVING	SURVIVING	STRUGGLING	IN CRISIS
<p>Explore resources to support your <u>Health and Wellbeing</u> at UBC</p> <p>Improve your mental health literacy and learn about resources available to you.</p> <ul style="list-style-type: none">• <u>Mental Health: The Basics (Canvas Course)*</u>• <u>Navigating Your Health and Wellbeing at UBC and Beyond (Canvas Course)*</u>• <u>How to Help a Peer (Canvas Course)*</u>• <u>UBC Suicide Awareness and Intervention training*</u> (Hybrid Training)• <u>UBC Thrive (Mental Health Literacy Campaign)</u> and the <u>Thrive 5+</u> <p>Consider joining a <u>club</u> at UBC to explore your interests and make connections.</p> <p><u>Get moving</u> with UBC Recreation</p> <p>Visit the <u>UBC Wellness Centre</u> to learn more about wellbeing resources, services, and support options including the sexual health shop, harm reduction training, and Food Hub market.</p>	<p>Explore resources to support your <u>Mental Health</u> at UBC</p> <p>Learn and practice healthy coping strategies that work for you with digital tools.</p> <ul style="list-style-type: none">• <u>TAO (Therapy Assistance Online)</u>• <u>Foundry BC App</u> <p>Explore support networks at UBC.</p> <ul style="list-style-type: none">• <u>AMS Peer Support</u>• <u>UBC Student Recovery Community</u> <p>Use 24/7 Virtual Helplines such as <u>Here2Talk</u> and <u>HopeforWellness</u> (for Indigenous peoples)</p> <p>Reach out to <u>UBC Counselling Services</u> to speak with a Wellness Advisor</p>	<p>Reach out to <u>UBC Counselling Services</u> to explore brief individual counselling and group counselling options</p> <p>Talk to a trusted friend or peer for support.</p> <p>Connect with organizations for education and support for people who have experienced sexual or gender-based violence.</p> <ul style="list-style-type: none">• <u>AMS SASC</u>• <u>UBC SVPRO</u> <p>Seek support from a <u>Healthcare Provider</u></p> <ul style="list-style-type: none">• Access appropriate physical and mental health support (including referrals for specialists) at <u>UBC</u> or <u>off-campus</u>. <p>Consider <u>finding a private counsellor</u> for longer-term or specialized counselling</p> <p><u>Check your coverage</u> to see a mental health practitioner and/or for eligible medication with the AMS/GSS Health and Dental Plan.</p> <ul style="list-style-type: none">• Mental Health practitioner: 100% per visit** to an eligible practitioner (Max: \$1250 per policy year).• **Visit maximums apply. Check your coverage with Pacific Blue Cross or reach out to the AMS/GSS for details.	<p>If you're in immediate danger or need urgent medical support, call 9-1-1.</p> <p>If you are thinking about suicide, call or text <u>9-8-8</u>.</p> <p>Connect with mental health crisis supports such as:</p> <ul style="list-style-type: none">• <u>Access and Assessment Centre at Vancouver General Hospital</u> for referral intake, on-site assessment, and crisis intervention for non-life-threatening mental health and substance use issues.• <u>Crisis Centre BC</u>• <u>UBC Campus Security</u>

Please note that the listed resources are not exhaustive, and many resources may fall under more than one continuum category.