

STUDENT RESOURCES: CAMPUS & COMMUNITY

24 HOUR & CRISIS RESOURCES		
911 Emergency Services	911	<p>Dialing 9-1-1 will provide you with direct access to all emergency service providers in British Columbia, including Ambulance, Police, and Fire.</p> <p>To report an emergency, dial 911 first and then contact Campus Security at 250-721-7599.</p>
Campus Security 24 hour Assistance	250-721-7599 uvic.ca/security	<p>Campus Security is available 24-hours a day, 7 days a week, 365 days a year to assist the campus community and ensure the campus is as safe and secure as possible. Campus Security also offers a 24-hour SafeWalk and Campus Alone service to all members of the UVic community.</p> <p>To report an emergency, dial 911 first and then contact Campus Security at 250-721-7599</p> <p>Personal Safety support is also available during daytime hours as a resource for students, staff and faculty to help address individual concerns and personal safety issues.</p>
Vancouver Island Crisis Line	1-888-494-3888 vicrisis.ca	The Vancouver Island Crisis Line offers 24-hour crisis line service, 365 days a year. Crisis workers provide short-term nonjudgemental emotional, support, crisis intervention, information, and resources.
KUU-US Crisis Line	Adults: 250-723-4050 Toll Free: 1-800-588-8717 Métis Line: 1-833-638-4722 kuu-uscrisisline.com/	<p>KUU-US provides 24 hour culturally safe support by phone for Indigenous people throughout B.C. If you are facing a difficult situation, call any time of day.</p> <p>NEW: Text & Chat support also available</p>
SupportConnect 24 Hour Support	Toll-free: 1-844-773-1427 International collect calls: 1-250-999-7621 SupportConnect.ca	SupportConnect is a confidential mental health support service available free of cost to UVic students. Students can connect with qualified counsellors, consultants, and life coaches via video and in-person 24/7 from anywhere in the world.
Trans Lifeline	1-877-330-6366 Available 10am-6pm (PST) translifeline.org/hotline	Trans Lifeline is a grassroots hotline non-profit organization offering direct emotional and financial support to trans people in crisis – for the trans community, by the trans community.

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UNIVERSITY RESOURCES		
Student Wellness Centre (Health, Counselling and Multifaith Services)	250-721-8563 uvic.ca/student-wellness	Book an appointment with a counsellor, nurse, physician, spiritual care provider and more. Same day and pre-booked appointments are available. The Multi-Faith Center provides one-on-one spiritual care as well as culturally diverse free weekly activities, events and programs.
International Centre for Students (ICS)	250-721-6361 uvic.ca/international-experiences	ICS provides international student services, information and programs for undergraduate and graduate students (from pre-arrival to degree completion). International Student Advisers are regulated immigration practitioners who can provide advice about Canadian immigration documents and can explain how UVic policies relate to international student status. Frontline Advisers and Settlement Advisers can provide guidance on topics such as health insurance, housing, banking, and more. ICS also offers a Global Community programming and Exchange information.
Centre for Accessible Learning (CAL)	250-472-4947 calfrontdesk@uvic.ca uvic.ca/accessible-learning	CAL works with students and faculty to promote educational equity and accessibility for students. CAL can offer students with a disability or chronic health diagnosis support and accommodations to help with academic success.
First Peoples House (FPH)	250-472-4913 uvic.ca/indigenous/students	The First People's House is a home-away-from-home for Indigenous students providing a safe space for learning, sharing and community building. Cultural and academic programming, including Elders in Residence, wellness circles, tutoring, academic advising and counselling, as well as experiential learning opportunities, financial aid, leadership and community development opportunities are available.
Equity & Human Rights Office (EQHR)	250-721-8488 Eqhr01@uvic.ca uvic.ca/equity	EQHR offers support and response options under the university's Sexualized Violence Prevention & Response policy and Discrimination & Harassment policy . The Sexualized Violence Resource Office in EQHR offers information on how to start the conversation about consent, where to get support on and off campus, and the options available under UVic's Sexualized Violence Prevention and Response Policy .
Office of Student Life	250-472-5617 Studentlife@uvic.ca uvic.ca/studentlife	The OSL coordinates orientation and student leadership programming and also provides long-support to students through referrals. The OSL also works with members of the university community to help resolve student conduct concerns under the Resolution of Non-Academic Misconduct Allegations policy .

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Student Awards and Financial Aid (SAFA)	250-721-8121 uvic.ca/safa	SAFA provides information about funding sources, expected costs, and strategies for budgeting. Support with loans, grants, scholarships, bursaries, and the work-study program is also available.
Resources Located in the Student Union Building		
Office of the Ombudsperson	250-721-8357 ombuddy@uvic.ca uvicombudsperson.ca	Available to students who would like to learn about fairness and processes followed at UVic. The Ombudsperson provides an independent, impartial, and confidential resource for students and other UVic community members to help resolve student concerns about fairness or disputes fairly.
The Anti-Violence Project (AVP)	778-400-5007 (support) 250-721-8080 (office) antiviolenceproject.org	AVP offers support services to people of all genders who have experienced gender-based violence themselves, are supporting someone who has, and to people who have committed harm and seek to change their actions.
BIPOC support hub	outreach@uvss.ca uvss.ca/bipoc-support-hub	The University of Victoria Student Society (UVSS) offers a compiled listing of resources and supports to offer a BIPOC Support Hub.
The Gender Empowerment Centre (GEM)	250-721-8353 genderempowermentcentre.ca	GEM offers an inclusive space for self-identified women, non-binary, trans, and gender nonconforming folks. Gem provides resources, workshops, events, and more.
Society for Students with a Disability (SSD)	uvicssd.ca	SSD is a student advocacy group which promotes the full participation and inclusion of students who self-identify as having one or more disabilities. Events, programs and workshops are offered as well as a bookable respite room.
Native Student Union (NSU)	uvicnsu.ca coordinator@uvicnsu.ca	The NSU runs events and programs, manages a student space with services, and advocates for Indigenous student success and wellness at UVic.
Peer Support Centre	peersupport@uvss.ca uvss.ca/peer-support-centre	The Peer Support Center has trained student volunteers to listen and offer non-judgmental, empathetic and confidential support while helping fellow students navigate next-step resources and student life at UVic.
Pride Collective	250-472-4393 pridecollective.ca	The Pride Collective advocates for 2SLGBTQIA+ folks at UVic and in the broader community and offer volunteer-run community circles, free gender affirming care supplies, events and a lounge with queer lending library.

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Students of Colour Collective (SOCC)	250-472-4697 soccollective.com	SOCC is a collective of self-identified people at UVic. The work of the collective centres on art, awareness, education, action, advocacy, and support. Anyone identifying as BIPOC (Black, Indigenous and Person of Colour) is welcome to use lounge and get access to resources.
UVSS Food Bank & Free Store	250 472 4999 uvss.ca/foodbank/	The UVSS Food Bank provides a variety of perishable and non-perishable foods, personal hygiene supplies, and information about additional resources in Victoria.
Harm Reduction Center	uvic.ca/student-wellness/wellness-resources/harm-reduction/index.php	The Harm Reduction Center works to help students make informed and safer choices around sex and substance use and make it as easy as possible to get harm reductions supplies and education materials. Safer sex supplies, safer substance use supplies, Naloxone kits, Fentanyl test strips, and education material are available. Free Naloxone kits are also available in the Campus Pharmacy and at the Wellness Centre. Anonymous supply pickup options are possible.
Community Resources		
Cool Aid Shelters and Transitional Housing	250-383-1977 coolaid.org	Provides emergency shelters and transitional housing, as well as access to stabilizing services.
Victoria Meals and Food Banks	victoriahomelessness.ca	A listing of meals and food banks available in the Greater Victoria area.
Together Against Poverty Society (TAPS)	250-361-3521 tapsbc.ca	Legal advocacy, support with income assistance, disability matters including assistance with Person with Disability applications, residential tenancy disputes and employment standards complaints.
Foundry Victoria	250 383 3552 Foundrybc.ca/victoria	Foundry Victoria offers a range of free wellness services for young people ages 12-24, including physical and mental health care, gender affirming care, substance use supports, social services, and peer support. Supports available include same day counselling support, health care, harm reduction and substance use supports, family/caregiver support, employment and education support, sexual health and contraception.
Healing in Colour	healingincolour.com	Healing in Colour is a resource that connects BIPOC individuals with a BIPOC therapist in their community.

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Esquimalt Neighbourhood House Society	250-360-0644 enh.bc.ca	Provides free mental health and supportive counselling for adults and youth, as well as family support.
Citizens' Counselling Centre of Greater Victoria	250-384-9934 citizenscounselling.com	Offers affordable, accessible counselling to adult residents of Greater Victoria. All counselling is offered by volunteer counsellors trained and supervised by the Centre with a sliding fee scale based on family income.
Vancouver Island Counselling Centre for Immigrants & Refugees (VICCIR)	778-404-1777 viccir.org	Counseling supports for individual, couples and family. Fees are on a sliding scale. Interpreters are available.
Support Network for Indigenous Women & Women of Colour (SNIWWOC)	250-277-2545 info@sniwwoc.ca	Supports the building of connection and community, providing access to key healthcare and community resources, sharing valuable educational resources. Committed to the empowerment of women.
Victoria Native Friendship Center (VNFC)	250-384-3211 vnfc.ca	Support for all Aboriginal people living in southern Vancouver Island. VNFC offers mental health and addictions counselling, mental health liaison support, physical health support, family programming.
Victoria Sexual Assault Centre	Service access line: 250-383-3232 vsac.ca	Counselling supports for women and all transgender survivors of sexual assault and childhood sexual abuse. VSAC supports individuals in their healing journey and can serve as a liaison between individuals affected by sexual violence, the justice and medical systems and community services. VSAC also provides a confidential, accessible, and welcoming environment for recent survivors of sexual assault to access services such as medical exams, forensic exams, crisis support, and connections to community resources.
Victoria Women's Transitional Housing	250-385-6611 transitionhouse.net	Support and information for women who are either experiencing abuse or have experienced abuse in the past.
PEERS	250-388-5325 safersexwork.ca	Outreach, harm reduction and education services for people in the sex industry.

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Men's Therapy Center	250-381-6367 menstrauma.com	Supports and resources for men: cis, gay, bi-sexual, trans, non-binary, 2spirit, queer, gender fluid+, who has experienced emotional, physical or sexual trauma in childhood or as an adult.
Disability Resource Centre	250-595-0044 drcvictoria.com	Supports and programs for people with disabilities to increase independent living and integration in all aspects of community.
Substance Drug Checking	substance.uvic.ca/ 1802 Cook Street Victoria, BC 12pm – 7pm	Substance offers a free and confidential drug checking program in Victoria. The Substance team uses multiple drug checking instruments to determine a sample's main active ingredients, fillers or cutting agents, any unexpected drugs, and the presence of fentanyl. They provide in-person services and results are given on the spot in as little as 30 minutes or up to 1-2 hours.